EMF Balancing Technique®

Honoring Humanity

Phase III

Radiating Core Energy

v. 2010.4

The Team

Author: Peggy Phoenix Dubro

Editor: Stephen Dubro

Design Editor: Elan Dubro-Cohen

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The Energy Extension, Inc. • P.O. Box 4357 • Sedona, AZ 86340 USA
• Tel: 1-928-284-3703 • Fax: 1-928-284-3704 • email: Shana@EMFWorldwide.com • website: wwww.EMFWorldwide.com

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Workshop Checklist

Assemble the following materials before conducting the workshop:

Audiovisual equipment: video player and monitor, overhead projector (optional), CD player, LCD data projector (optional)

Phase III student workbooks

Miscellaneous spare materials for students (pens, pads, markers)

Wall charts (if available)

Elegant Empowerment by Peggy Phoenix Dubro and David Lapierre

Massage tables and covers (2 students per table)

Covers (sheet or other light material to cover receiver)

Teaching materials:

Phase III teacher manual

(1) Energetic Body Preparation workbook

(1) Phase III student workbook

Pre-illustrated flip charts (created by EEI – in PDF and PowerPoint formats)

Pre-prepared flip charts (created by teacher)

Markers (various colors)

Transparency or PowerPoint slides (optional)

Music (CD) for practice sessions and meditations

Timer (or other timing device)

Demonstration video with Peggy Phoenix Dubro (Phase III)

Prepare:

Flip charts (created by teacher)

Training facility arrangements (if necessary)

Schedule of next class dates

Optional:

UCL posters, CDs, DVDs, introductory videos and Elegant Empowerment for purchase

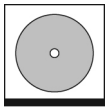
Eye pillows

Silk covers or other appropriate covering for receivers during the practice sessions

Head and knees/ankles supports (pillows, etc)

Manual Icons

References the page in the student's workbook which contains the information which you are discussing

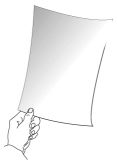
 Indicates you will be showing a video. It is important to highlight what your students will be seeing; inform them if you want them to be looking for anything specific in the video and how many minutes the video will run

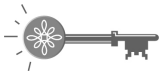
Indicates that the information you are presenting is referenced on the EEI prepared flip chart

*** Indicates that the information you are presenting is referenced on a flip chart that is prepared by you, the teacher

Indicates an optional energy exercise

Indicates a point of transition between topics

 Indicates a handout



Indicates a key learning point and an opportunity for you to emphasize to the class that the information being presented is important

Indicates a musical selection of your choice

Indicates a picture or slide

Indicates especially important information

Teacher's Template

Note: Prior to the beginning of class complete the Teacher's Template which is an exercise that facilitates the energetic posture appropriate to teach the EMF Balancing Technique.

I. Place your attention in your Center Above

Give the intent for **Descent of Light:**

"I now give permission to allow the platinum energy to flow through the light pattern of the Teacher's Template. I give permission for the pure resonance of this alignment to create the appropriate calibration of being in service as I teach the EMF Balancing Technique. As the energy descends, I become very focused and I Remember I Am."

II. Place your attention in your crown center and third eye

Give the intent for **Wisdom:**

"I now give the intent for the platinum energy to flow through my crown center and the area of my third eye, increasing the expression of my inner wisdom."

III. Place your attention in your throat

Give the intent for **Power:**

"The words that I speak when I am teaching carry power; the energy responds when I amplify it."

IV. Place your attention in your heart center, arms and hands

Give the intent for **Loving Action:**

"I give the intent to allow myself to be nurtured first. The energy flow of my heart center intensifies front and back. My movements and touch are pure and activated with love as I amplify platinum energy."

V. Place your attention in your solar plexus

Give the intent for **Personal Growth:**

"As I teach, I discover that each class is different although the material which I must cover is the same. This form of teaching opens the door to expressing greater compassion and patience. Some students will present new challenges to holding my center and new ways to open my heart. Many students will inspire me as I observe the energy of love in action. As I teach I affirm: I am a student also."

VI. Place your attention in your creative/sexual center

The first few times you teach this class you may feel like you have "given birth". Energetically you have, through the expansion of your creative connection to the Unlimited Source.

Give the intent for **Birth:**

"As I allow my creativity to express itself in this manner, I reap many benefits in my life. As I facilitate this opening for others, I am aware that this may carry a charge of sexual energy. I always keep my actions clear and appropriate."*

*It is important to be aware that as a teacher you will be facilitating this opening for your students. The conduct of a teacher is equal to the integrity of the work when representing the EMF Balancing Technique®.

VII. Place your attention in your base center

Give the intent for **Vitality:**

"I now give the intent to be well grounded in my body. This alignment keeps me in balance. My base center and my creative/sexual center provide the vitality I need to teach the training."

VIII. Place your attention in your Center Below

Give the intent for **Grounding:**

"As the template continues down through my legs to my Center Below, I feel confident and ready to stand strong before this class. Connecting with the earth through this center creates an energetic grounding for all the intentions just given.

Take a nice deep breath

"I now become aware of a flame of energy in both palms of my hands. In my right palm, the flame is golden; in the left palm the flame is platinum. This is the alignment I transmit to those who choose to learn the EMF Balancing Technique."

Take a few moments to breathe in the platinum vibration through each energy center.

Give intent for this energy to enhance your evolutionary process and as always according to your unique balance.

Namaste Dear Teacher,

Peggy Phoenix Dubro

Unit 1
Welcome and Day Schedule

Phase III: Radiating Core Energy

Unit 1: Welcome and Day Schedule

Time: 10 minutes

If you have new people attending or individuals that do not know each other, take a few moments and have them introduce themselves.

1. **WELCOME** students to Phase III of the Balancing Technique Personal Growth training: Radiating Core Energy.

WORKBOOK
Phase III
Pg. iii
Course Objectives

2. **POINT OUT** the course objectives:
   - The course objectives highlight the key learning points, key experiences and what you will be able to do by the end of the workshop today.
   - Please take a couple of minutes and review the course objectives for today's class.

Please distribute Phase III student workbooks.

3. **OPTIONAL ENERGY EXERCISE:**
   - You have a choice of which energy exercise you would like to use. Please refer to the Teacher Support section page 166 for a list of options.
4. After completing the energy exercise **ASK:**
   - How does that feel?
5. **ALLOW** a few moments for feedback.
6. If necessary, invite the class to return to their original seats.

***
Flip Chart
Day Schedule

7. **INTRODUCE** the schedule:
   - Theory of Phase III
   - Infinity Express Meditation
   - Side Fibers
   - Orbital Sweep
   - Lunch
   - Video Demonstration
   - Practice Session 1
   - Practice Session 2
   - Phase III Session Review
   - Summary and Conclusion

Display the schedule where you and your students will be able to review it as needed.

TRANSITION
to Phase III Theory

8. **MOVE** to the next section by telling the class that you will introduce the theory of Phase III.

EMF Balancing Technique®

Honoring Humanity

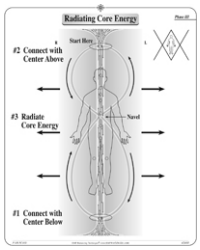
Unit 2

Theory of Phase III

Unit 2: Theory of Phase III

Time: 2 hours

Phase III Theory



FLIP CHART #10 Radiating Core Energy

1. **REFERING** to the flip chart figure, **INTRODUCE** the theory for Phase III:
   - Let's take a look at Phase III and the illustration on the flip chart.
   - In Phase III, we work with this column of energy that we call "Core Energy".
   - Your Core Energy runs the entire length of your being from your Center Below to your Center Above.
   - The Center Below is the doorway to the earth energies and the Center Above is the doorway to the higher refined energies.
   - This is your own personal connection to <u>unlimited</u> energy!
   - The more you hold yourself in your Core Energy, the less you need to use other people's energy, through unhealthy emotional situations or relationships.
   - This way, because you are in the posture of standing in your Core Energy, life becomes much easier and you have much more energy in the Now.

TRANSITION to Mastery Group Activity

2. **MOVE** to the mastery group activity:
   - Standing in your Core Energy is practicing your mastery.
   - It is the essence of who you are in Now time and has all the attributes of mastery within it.
   - Let's take a couple of minutes and explore some of the attributes of mastery.

Group Activity - Mastery

Decide before you introduce this activity how many people you will have in each group and the number of groups. Then, when you introduce the activity tell the class how many groups they will have and the number in each group.

Activity Setup:

- For each group, display a blank flip chart page and provide a marker.

See Teacher Support Pg. 165 for additional information.

1. **OVERVIEW** the activity:

- First, I'll provide you with a quick overview of what you will be doing and then we'll begin.
- First, you will form your groups.
- Then, I will ask that you appoint a spokesperson for your group.
- After your group is formed, I will ask you and your group to stand by one of the displayed flip charts.
- Then, as a group, you will brainstorm five qualities or behaviors that you think demonstrate mastery and list them on your flip chart paper.
- After about five minutes, we will have each spokesperson share with the class what five qualities or behaviors their group came up with.
- There may be some duplication of information between groups which is ok.

If your class is small, you can do this as one large group.

Help the class form their groups based on the number of students you have in your class.

2. **ASK** for questions and clarify as needed.

3. **ASK** the class to divide into groups, stand by a displayed flip chart sheet and select a spokesperson.

4. **TELL** the class to work with their group members and develop a list of five qualities or behaviors of what they think mastery is.

5. **TELL** the class that they will have five minutes to complete the activity.

6. With one minute remaining, **REMIND** the class to finish their list.

7. **DEBRIEF** the activity:

   - Let's take a couple of minutes and go around to each group and have the spokesperson share the attributes of mastery that their group developed.

8. **THANK** the group for their participation and have the class return to their seats.

***

FLIP CHART
Common
Attributes of
Mastery

9. **LIST** the common attributes that were given by the groups using a flip chart.

10. **REFERRING** to the flip chart, **ASK** the class:

    - How do you think you might express these attributes consistently in the present time?

      Desired Response: *Practice*

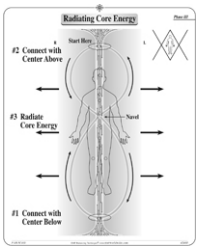
11. **POINT OUT** that practicing mastery is making a conscious effort to manifest the energetic posture of Core Energy and practicing the attributes of mastery daily.

12. **EXPAND** on practicing mastery by **SAYING:**

- Practicing mastery can be done everyday.
- And there are plenty of opportunities; one of the things that Peggy likes to say is that you have opportunities with those people that you live with, work with and those that are up close and in your face!
- And when you can practice mastery with people in your daily life then you know you are getting it!
- There are many opportunities to expand the range of your ability to practice your spirituality or mastery daily. It is called life.
- Remember the universe will always provide what Peggy likes to call "pop quizzes". These are the times when you are given the opportunity to hold your energetic posture of Core Energy, and whether it seems that way or not…..it IS for your benefit.
- Now in all fairness, you may not succeed in expressing your Core Energy all the time. However, the more you practice holding your Core Energy, the more you are in your mastery.
- And remember, it all occurs through PRACTICE!!
- Also, as you take your next step in the process we call enlightenment you may be Christ-like, Buddha-like or Mohammad-like, but remember you will still be you.

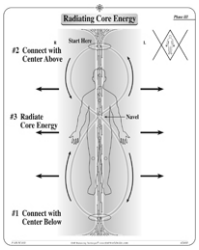
Spiritual Intelligence

1. **INTRODUCE** spiritual intelligence by **ASKING:**
   - How many of you have heard the phrase "the answers are within you"?
   - What do you think that means?
2. **ALLOW** a couple of responses from the class.
3. **THANK** the class for their contributions.
4. **REFERRING** to the flip chart, **DEFINE** spiritual intelligence as a higher resonance of understanding, that expresses itself in the Core Energy and is the most powerful in Now time.



FLIP CHART #10 Radiating Core Energy

5. **POINT OUT:**
   - The "answers lie within" analogy is a reference to answers being held within the Core Energy.
   - And as we just defined, this is where the expression and intensification of spiritual intelligence occurs.
6. **ADD:**
   - Research is showing us that our intelligence is not just held in our brains but that it is located throughout the entire body.



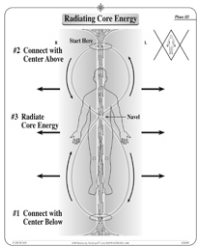
FLIP CHART
#10 Radiating
Core Energy

7. **TELL** students:
   - As you continue to practice recognizing answers that come from within, something very valuable will shift in your being.
   - What will shift is your level of confidence. You will find that you have more confidence in trusting yourself.
   - To develop your ability to access the practical information from within yourself is priceless.
   - Allow different ideas to manifest. Don't limit yourself to your thinking process alone. Use your feelings as well. Sooner or later, the practical answer will come to you because it is actually within you!
   - Peggy likes to encourage us to be practicing, practical masters.
   - Remember, no matter where you find yourself, the Self will be there!

TRANSITION
to Marriage of
Spirit and Biology

8. **INTRODUCE** the marriage of spirit and biology by **SAYING:**
   - Core Energy also represents that state of union yearned for and written about in the sacred texts of religions around the world as the marriage of spirit and biology.

Marriage of Spirit and Biology

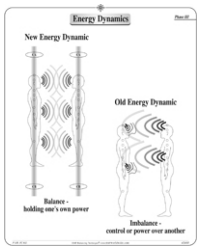


FLIP CHART #10 Radiating Core Energy

1. **EXPLAIN:**
   - When we refer to the marriage of spirit and biology we are referring to holding more of the higher refined or divine energies, through maintaining an energetic posture of Core Energy.
   - And by maintaining this energetic posture of Core Energy, you create the foundation for becoming a self-empowered individual so that you are able to express the noble aspects of what it means to be human.
   - As a self-empowered person you provide yourself with many attributes that you may not have experienced previously. For example, opening to deeper levels of communication with another person.

2. **SAY:**
   - We have already talked about maintaining an energetic posture of being in Core Energy by practicing your mastery.
   - Let's explore the benefit of maintaining an energetic posture of standing in your Core Energy with relationships.
   - Relationships for this example can be defined as friends, family, co-workers and colleagues or deep personal relationships.

3. **ASK:**
   - What do you think happens when two people interact with each other that are standing in their own Core Energy, standing on the foundation of their own self-empowerment?



FLIP CHART #11 Energy Dynamics

4. **ALLOW** a few minutes for discussion.

5. **THANK** the class for their contributions.

6. **EXPAND** on the contributions that the class offered:

   - When two people in a relationship are holding their core and interact with each other, each person expresses a part of their mastery, allowing each of them to go to a deeper level of understanding with each other.

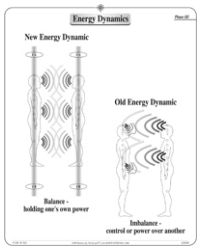
   - On the other hand, when you have a relationship where only one person is holding their Core Energy and the other is not, the one holding their energetic posture actually provides an opportunity for the other person.

7. **ASK** the class:

   - What kind of opportunity do you think they provide?

8. **ALLOW** for a few responses from the class.

There are no "right" or "wrong" answers. You are allowing students to express their thoughts.



FLIP CHART #11 Energy Dynamics

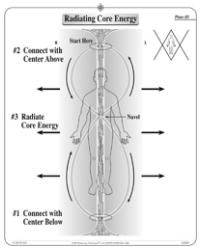
9. Adding to what students contribute, **EXPLAIN:**
    - There are times when we may find situations where a person or persons are not listening; they are ready to jump in with their thoughts and opinions without taking the time to "hear" what is being expressed.
    - It is important to note that we all have or are Core Energy; it is a part of our energy anatomy, even though there may be those individuals who are not aware of it.
    - Through remaining in your energetic posture at times when others are not, you can help inspire another to open up to their own Core Energy and encourage them to know their own connection to the source of all things.
    - So when you find situations when this occurs, there is a tremendous opportunity for the relationship to move to a level where a nobler part of each person can be expressed.
    - It is a mutual honoring between people.
    - The other side of this type of situation is when you have two people who are both expressing their core and standing in agreement.
    - This increases their power to be stronger with whatever they choose or however they want to be.
    - We find a similar reference in the bible where it states "when two or more of the heart gather, it is the power of a thousand".
    - What this is saying is that there is a mutual reinforcement of each individual which increases each one in both power and ability exponentially.

Point out on the flip chart the two energetic postures that show a relationship of balance and a relationship of imbalance.

10. **ASK** for questions and respond as needed.

11. **EXPAND** on the marriage of spirit and biology:

- To illustrate this concept of the marriage of spirit and biology, there is a symbolic representation; it is a form of shorthand, which was used in ancient cultures.
- This will help you visualize what the marriage of spirit and biology looks like.



FLIP CHART #10
Marriage of Spirit and Biology (the symbol)

12. **SHOW** and **EXPLAIN** the inverted "v" illustration:

- To begin, we draw a "v". This represents receiving the "as above" higher energies being brought into our biology.
- Next we overlay an inverted "v" (/\) representing the "so below" earth energies being brought into our anatomy.
- So, here in the Core Energy, as we have stated, is where you experience strength, peace, understanding and balance in the present or Now.
- It is also the place where all transformation takes place, including healing.
- So it is important to be standing in your Core Energy as often as possible, with the intent to radiate your Core Energy in every cell of your being and out into the entire universe as you understand it.
- Stephen Dubro likes to say that empowerment is not for the meek of heart.

TRANSITION
to Phase III Theory
Summary

13. **MOVE** to the Phase III Theory Summary:
    - Let's take a couple of minutes and review some of the key points we have discussed.

Phase III Theory - Summary

1. Using the flip chart **SUMMARIZE** the Phase III theory:
    - We started our discussion with a short exercise where you defined the attributes of mastery, finding that there are plenty of opportunities to practice mastery in everyday life.
    - Then we defined spiritual intelligence as a higher resonance of understanding that expresses itself in the Core Energy and is most powerful in Now time.
    - We also discussed the marriage of spirit and biology, which we illustrated with the "v" overlaid with the inverted "v" representing the "as above so below" energy.
    - So being in the Core Energy, as we have stated, is where you may generate strength, peace, understanding and balance in the present or Now.
    - It is important to have our own connection to universal energy so that we are able to express ourselves as self-enabled human beings.
    - So, the more connected you are to the universal energy or the Divine, the less need you have to become involved in someone else's drama.
    - When you practice the connection "as above, so below" energetically we say that you are standing in Core Energy or "holding your core".

TRANSITION to Platinum Energy

2. **ASK** for questions and respond as needed.

3. **TELL** the class that you will now spend a couple of minutes talking about platinum energy.

Platinum Energy

1. **INTRODUCE** platinum energy:

   - Up to this point we have been using golden energy. However in Phase III, we use another highly refined energy which is platinum energy.
   - The platinum energy has a different feel, almost silky and very flexible. The temperature tends to be a cooler energy than that of the warmer golden.
   - In metallurgy platinum is a catalyst whereas gold is a conduit.
   - So, according to our present understanding, the platinum energy represents the merging of the female and male aspects of universal energy and is a catalyst for our next level of union.

This is a tendency of the energy and not a hard and fast rule.

KEY POINT

- Within the energy anatomy, as the chakras align with Core Energy, the union of the golden and platinum energy takes place and we experience another vibrational shift - a shift towards increased balance.
- It is this alignment that encourages us to express more of our spiritual intelligence as we take a greater role in the universal scheme of things.
- It also strengthens the infrastructure of who we are.
- Now, some important notes to make about working with platinum energy.
- First, platinum energy is new to our physical nervous system. It is a more refined energy and therefore it takes time for our nervous systems to become accustomed to it.
- It is important to use the platinum energy in the technique ONLY WHEN DIRECTED, which at this time is for Phase III, and also when we do the upcoming meditations, the Orbital Sweep and the Infinity Express meditation.

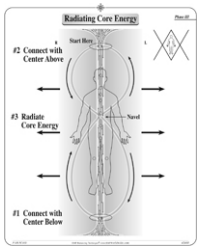
2. **ASK** for questions and respond as needed.

TRANSITION
to Infinity Express
Meditation

3. **MOVE** to the Infinity Express meditation:
   - The next exercise is a meditation designed to help increase the radiating of your Core Energy and to support you as you stand in the world as a self-empowered human being.
   - Before we begin, I will overview a part of the meditation in which you trace a figure eight pattern through your energy field, which helps to radiate your Core Energy.

The Infinity Express

Energetic Posture of Radiating Core Energy



FLIP CHART
#10 Radiating Core Energy

WORKBOOK
Phase III
Pg. 44
Radiating Core Energy

1. **REFER** the class to the illustration on page 44 of their workbook and using the flip chart present the steps for radiating Core Energy:
   - As you can see on your illustration and on the flip chart, there are three steps in this meditation which helps to radiate Core Energy.
   - You may label your illustration on page 44 in your workbooks as I describe the steps.
   - The first step identified as #1 on your illustration, is to focus your attention on the Center Below. Doing this anchors your energy.
   - The second step #2 is to focus on the Center Above. This allows for an opening up to the higher energies.
   - The third and final step, #3 is to trace the infinity symbol or figure eight, through your field.

2. **TRACE** the figure eight for radiating Core Energy using the flip chart figure and **SAY:**
    - Follow along with me as I trace this movement so that you can see what this looks like.
    - Beginning at the Center Above, we begin the infinity or figure eight pattern by tracing down the right side of the body.
    - At the navel (which is a personal power point) we cross over to the left side of the body and continue to trace down the left side through the Center Below.
    - Moving through the Center Below, we move up the right side of the body, cross at the navel, up the left side of the body and finish in the Center Above.

3. **ASK** for questions and respond as needed.

4. **TELL** the class that you will now guide them through the Infinity Express meditation, which is a deep alignment within their Core Energy.

5. **SAY:**
    - We call this meditation the Infinity Express because it facilitates an express connection with your infinite self.
    - During the meditation you will have an alignment to the platinum energy.

6. **INVITE** the class to make themselves comfortable.

Tracing means to "draw over" the illustrated drawing which is illustrated on their handout.

Infinity Express Meditation

This meditation is your tool for this alignment. Feel the connection and let the energy of love flow. The effectiveness increases as you modulate and pace your voice accordingly, so take your time as you guide your students through this meditation. Remember, honor yourself first by receiving the energy of love and then honor others by sharing it.

If you choose to play the I Remember I Am CD instead of reading the meditation, follow the script as the CD plays and where noted, please verbalize the tracing of the figure eight. Inform the class before you begin, that you will be verbally guiding them through tracing the figure eight.

Take a moment and center yourself... take a deep breath and look at the people you are about to lead through this sacred "Infinity Express" meditation.

If reading the meditation

1. **BEGIN** the meditation:
    - With your feet flat on the floor take a nice deep breath.
    - This is a short journey, allowing you to stay attentive so that you may give conscious intent.
    - We will use platinum light for this exercise.
    - The platinum vibration is a silvery white color and may feel cool or taste metallic and is catalytic in its nature.
    - It is a comforting vibration and will offer great strength and flexibility.

Start playing the I Remember I Am CD

- I welcome you to this time with the love of the infinite within each one of us.
- Let us energetically agree to be the most complete expression of ourselves that we can be.

- Take a deep breath, and affirm your intent to be still and know.
- Feel, sense, imagine or think about a living glowing golden ball of energy 24 inches 60 cm beneath your feet.
- We call this golden ball of energy the Center Below. In the new energy dynamics, it is one of your primary connections with the energy of the earth.
- The Center Below is permeable, alive and an intelligent part of you.
- Through this center, there is a gentle continuous exchange of energy between you, and the energy of the earth.
- Feel or sense the soles of your feet and perhaps some gentle tingling as you focus your attention within your Center Below.
- With joy I remind you the key to freedom is to be fully present in your body.
- I invite you to be present, and not to worry, you won't get stuck here.
- On the contrary, you will find you can create a greater expression of freedom as you claim your right to be fully present!
- Breathe deep and give yourself permission to be....
- Feel, sense, imagine or think about breathing energy in through your Center Below.
- And so take a deep breath. When you're breathing in, amplify the energy of the earth all the way up and through your entire body.
- Breathe in deep.
- And you may breathe out.

- Breathe in again, bringing the energy of the earth all the way up through your body, and breathe out.
- As you breathe out, amplify the energy down and out through your Center Below.
- You may strengthen the resonance of breathing out and amplifying your energy down through your Center Below, by affirming and offering your love and appreciation for the earth.
- Breathe in and breathe out.
- Breathe in again.
- Feel, sense, imagine or think about the earth energy flowing up through your body, nourishing you and loving you.
- Breathe out, amplify the energy down and out through your body to the Center Below, and again you may affirm your love and appreciation for the planet.
- One more time, breathe in and bring the energy all the way up through your body, hold for a moment, give yourself permission to be.
- Now breathe out and lovingly amplify the energy down through your Center Below.
- Feel the comfort of the earth and the promise of greater strength and energy as you focus your attention within your Center Below.

pause for about 20 seconds

- Feel, sense, imagine or think about a living glowing ball of energy, 24 inches 60 cm above your head.
- We call this golden ball of energy the Center Above.
- Take a moment to sense this permeable, living, intelligent part of your being.
- Through this center you experience the expressions of your higher consciousness, and the increase of energy available to you at this time.
- Information and energy of your higher consciousness flows in and out of this center.
- You may sense or feel energy around your head, as the points of light within your brain respond to the energy and light within your Center Above.
- Everyone of us has a unique connection with the universal source of energy, and it is through this center we translate what that unique connection is, so that we may express our higher energies in our daily life.
- Feel, sense, imagine or think about breathing energy in through your Center Above.
- Take a deep breath and as you breathe in, amplify the higher universal energy of your being, all the way down through your body and to your Center Below.

- Breathe in, and breathe out.
- Breathe in again, amplifying the energy all the way down through your body to your Center Below.
- As you breathe out, amplify the energy up through your body to your Center Above.
- You may strengthen this resonance by affirming and offering your love and support for the universal connection of all that we are and all that we ever will be.
- Breathe in again and relax.
- Feel, and sense, imagine or think about breathing concentrated universal energy in through your Center Above.
- Amplify the higher, refined energies of your being, once again, all the way down through your body to your Center Below.
- Affirm your love and support for the universal wholeness that connects all as you breathe out, up and through your Center Above.
- One more time, breathe in, amplify the energy all the way down and through your body to your Center Below.
- And breathe out and amplify the energy all the way up and through your body to your Center Above.
- Feel or sense the support of the universe and the joy of the deeper expression of the unique being you are.

If playing the I Remember I Am CD pause it at this point and SAY:

The music will continue for about 1 minute before Peggy begins speaking again.

- Now mentally or physically with your arm, reach up to your Center Above and trace through your field a platinum beam of light down the right side of your body, crossing at your navel, down the left side to the Center Below, up the right side of your body, crossing at your navel, up the left side to the Center Above.
- Again, amplify platinum energy down the right side of your body, crossing at your navel, down the left side to the Center Below, up the right side of your body, crossing at your navel, up the left side to the Center Above.
- One more time please; amplify a platinum beam of light down the right side of your body, cross at your navel, down the left side to the Center Below; up the right side of your body, cross at your navel, up the left side to the Center Above.
- You may feel, sense, imagine or think about this energy pattern of the figure eight begin to expand around and through your entire being.

Resume playing the I Remember I Am CD

- There is a center column of energy that radiates throughout the entire length of your being.
- This is the Core Energy of self, the purest essence of soul.
- As the energy flows freely from the Center Above all the way through to your Center Below, and from your Center Below all the way up and through to your Center Above, you may give the intent to increase the strength of radiating this energy out through every fiber of your being, with every cell vibrating as a unified whole.

- Feel, sense, imagine or think about your entire being radiating like a luminous ray of light and energy becoming brighter and brighter.
- It is through this energetic posture of wholeness that I ask you to take a deep breath, hold for a moment, and then relax.
- Feel, sense, imagine or think about the Cosmic Lattice, the web of the universe, that connects all within it, and from this energetic posture of wholeness, breathe in the energy of the Cosmic Lattice, through every particle of your being.
- Breathe in, and now breathe out - and breathe to the universe, energy and breathe out love.
- Breathe in again, and breathe out through the Cosmic Lattice into the universe, expressing the energy of love.
- Let us gently speak the words of pure intent, from the core of your energy, of the being of who you are, affirm *I Remember I Am.*
- Affirm *I Remember I Am.*
- *I Remember I Am.*
- You are telling the universe you are present and ready to deepen your relationship to all.
- Let us continue, from this posture of connection and wholeness, tell the universe you are ready to take a greater part in the co-creation of your reality.

- You may say *I am willing to offer*.
- Even if you are not sure what you have to offer, still make the statement *I am willing to offer.*
- *I am willing to offer.*
- Now that you are resonating in the energetic posture of connection and wholeness, and you have given the intent to take a greater role in co-creating, it is time to open to the universe, and understand the spirit of your partnership with the universe deepens when you are able to say *I am willing to receive.*
- Open to the generosity of your partner the universe.
- *I am willing to receive.*
- *I am willing to receive.*
- Breathe deep and feel the peace.
- As you learn to hold this posture of infinite connection you will feel better and better, for the unlimited energy of the universe will flow freely through you.
- Remember to nourish yourself energetically first, and then share with others.
- Always be mindful that the Core Energy that flows within you, flows in everyone else around you.
- And as you hold this energetic posture, your energy inspires others around you to hold and express their Core Energy, and that is good for all of us!

- You may practice this exercise often. I promise you there is more.
- There is not a closing to this exercise. When you are ready you may open your eyes slowly and continue to sense, feel, imagine or think about the radiating of your Core Energy within daily life.
- May you may co-create the most enlightened life you can.
- I honor you and the infinite potential within you. And so it is.

If playing the CD, please stop it here.

2. **PAUSE** a few moments to allow the class to re-orientate.

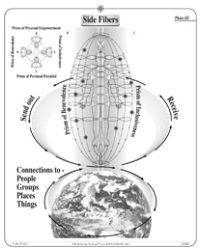
3. **ASK** the class:
   - How does that feel?

4. **ALLOW** for a few responses from the class.

5. **TELL** the class that they will now take a 10 minute break and when they return you will introduce the side fibers and the balance of giving and receiving.

- - - 1 0 m i n u t e b r e a k - - -

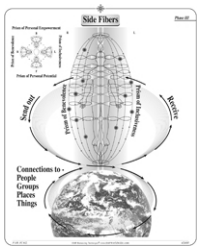
Side Fibers - Balance of Giving and Receiving



FLIP CHART
#12 Side Fibers

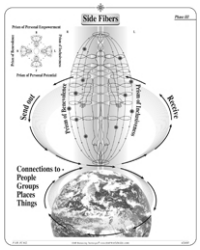
WORKBOOK
Phase III
Pg. 45
Side Fibers

1. **REFER** the class to the illustration titled Side Fibers on page 45 in their workbook. Using the flip chart **OVERVIEW** the side fibers:
    - There is a cluster of three long informational fibers to the right side of the body, which is referred to as the Prism of Benevolence. These fibers contain discs of light through which we give our energy out to the world.
    - There is also a cluster of three long informational fibers on the left side of the body, referred to as the Prism of Inclusiveness. These also contain discs of light through which we receive support energetically from the world.
    - So essentially there is giving through the Prism of Benevolence and receiving through the Prism of Inclusiveness. Between the two we aim to accomplish a healthy balance. So what we amplify out is balanced by what we receive, as illustrated by the larger figure eight on your handout.
    - Let's take a closer look at the Prism of Benevolence, the fibers on the right side.



FLIP CHART
#12 Side Fibers

2. **REFERRING** to the flip chart **EXPLAIN** the Prism of Benevolence:
    - The discs of light that are contained in these fibers on the right side are activated by our thoughts, actions and intents.
    - The larger discs that you see indicate that they are activated.
    - Through these fibers we give energy to people, groups, places and things. We give energy to our entire universe as we understand it.
    - Once activated, then the energy is sent out through the Cosmic Lattice to manifest.



FLIP CHART
#12 Side Fibers

3. **REFERRING** to the flip chart **EXPLAIN** the Prism of Inclusiveness:
    - Let's take a look at the fibers on the left side.
    - The discs of light that are contained in these fibers hold the energetic support we receive from our entire universe as we understand it.
    - In many cases, these energy discs are not activated enough to ensure that you are receiving the support that you need.
    - We can focus our attention through the Prism of Inclusiveness to give the intent to receive the support that is desired.
    - Sometimes we find ourselves in situations where we are not very balanced in the energy of giving and receiving.

- For example, sometimes we give of our energy in ways that often cause us to feel tired, drained or unhappy.
- If there are people, places or things that you are connected to that are no longer appropriate for you, you can change those situations by disconnecting yourself energetically from them.
- This disconnecting will facilitate greater harmony and balance of giving and receiving in your life.
- This is what is meant by giving conscious intent to help achieve a balance between what you are giving to the world and the support that you are receiving from the world.

4. **INTRODUCE** the exercise for balancing giving and receiving:
    - We have an exercise that you can use to balance giving and receiving.
    - You'll stay where you are during this exercise and work independently. Also, you won't be sharing any of the information that I will ask you to write down.

Prism of Benevolence

***

FLIP CHART
Side Fiber
Exercise

5. **BEGIN** with the Prism of Benevolence:
    - First, we'll work with the Prism of Benevolence, the fibers on the right side.
    - Please take a few minutes and write down some of the names of people or situations that you feel energetically connected to that:
        - No longer are appropriate in your life.
        - Are making you unhappy, tired or are draining.
        - You would like to disconnect from energetically.
    - Think about whom or what you are supporting. Are you giving more energy than you need to?
    - These can be personal relationships, business situations, people you work with, etc.
    - Take about two minutes to complete your lists.

When the majority of the class appears to have completed their lists, move to the Prism of Inclusiveness.

Prism of Inclusiveness

6. **TELL** the class:
    - Now, I would like you to think about the Prism of Inclusiveness, the fibers on the left side.
    - As you recall, the Prism of Inclusiveness is where you receive support for what you are giving.
    - Write down what kind of support you would like to receive from the universe. This support can be financial, emotional, or physical; whatever you feel you need in order to be supported with what you are giving.

When the majority of the class appears to have finished, move to the next step in the exercise.

7. **HIGHLIGHT** what the class has completed so far:
    - So now you have two lists, one in which you have jotted down some information regarding what you are giving and one with some information about what you would like in support of what you are giving.
    - In the next part of this exercise you have the opportunity to disconnect yourself energetically from the people or situations that you have in your first list, in a positive and gracious way.

8. **BEGIN** the exercise for disconnecting by **SAYING:**
    - Please take a moment, close your eyes and make yourself comfortable.
    - Focus your attention on the Prism of Benevolence (the cluster of three long informational fibers to the right of your body).
    - Remember the list that you made of people or situations that you would like to disconnect from energetically.
    - Now, express your gratitude to the people or situations that you are connected with and say to yourself:

      Thank you for all we have learned together.

    pause

Use a soft and gentle voice.

- Through expressing your gratitude, you consistently co-create freedom and enlightenment within all your life experiences.
- And you are reclaiming your own energy to be used in ways that are productive.

pause

- Now, give the intent to bring your energy back to you by saying to yourself:

  Thank you for all we have learned together. I now choose to bring my energy back to me.

pause

- Now, take a moment and think who you wish to amplify the energy of love to; this could be your family, friends, co-workers and even places.

pause

- Once again, focus your attention on the Prism of Benevolence. Consciously give the intent to amplify the energy of love to those that you have just thought about.

pause for a moment and allow the class to focus

- Take a moment and observe how you are feeling.

pause

- Now I would like you to focus on the fibers on your left, the Prism of Inclusiveness.
- Think about the list of support that you completed a few moments ago.

pause for a moment

- Now, silently to yourself repeat after me:

  Let us give the intent that all the support that is desired is in universal balance with what I am giving, and what I am giving is in universal balance with the support that I am receiving.

- Take a deep breath and when you are ready, open your eyes.

9. **ASK** the class:
   - How did that feel?

10. **ALLOW** a few minutes for the class to share their experiences.

11. **SUMMARIZE** the side fibers:
    - We started talking about the side fibers on the right side which we identified as the Prism of Benevolence.
    - And through the Prism of Benevolence we give our energy to people, groups, places and things, and our entire universe as we understand it.
    - Then we moved our discussion to the fibers on the left side which we referred to as the Prism of Inclusiveness.
    - And through the Prism of Inclusiveness we are provided with support for what we are giving.
    - The preference is to create a universal balance between what we are giving and the support that we are receiving.

- Then we did an exercise where we released all that was not supportive in a loving and gracious posture.
- Also, remember to always hold the energetic posture of gratitude for all of the support you are receiving. This will help balance the energy charges into a more usable form.
- Remember, doing the exercise we just completed helps avoid sliding back into unhealthy patterns due to energy input from people, groups, places and things in your sphere of reality which previously took so much energy from you.
- Your skill of discernment increases as you consciously accept or reject new life connections and relationships.
- Remember: practice, practice, practice and smile from the core of your being!

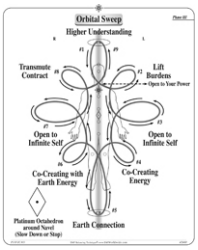
TRANSITION
to Orbital Sweep

12. **SAY:**

- Next, we will talk about the Orbital Sweep, an exercise you can use as a student to activate your energy field.
- Then, you'll experience the Orbital Sweep meditation which strengthens your field and prepares it to become more flexible so that you can interact with the universe in a more graceful and empowered way.

Orbital Sweep

Orbital Sweep - Trace and Label

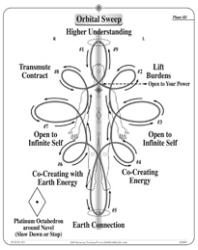


FLIP CHART
#13 Orbital Sweep

WORKBOOK
Phase III
Pg. 46
Orbital Sweep

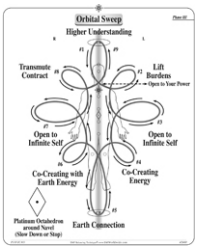
1. **REFER** the class to the Orbital Sweep illustration on page 46 of their workbooks and **SAY:**
   - The Orbital Sweep is an energy pattern that you trace through your field with platinum energy. This calibrates and balances parts of your energy field that may not have been consistently active.
   - The pattern affects all of your energy systems, and you can use it to balance your energy quickly.
   - You'll learn the Orbital Sweep in three steps.
   - For the first step, each of you with my guidance will trace over the pattern of the Orbital Sweep in your workbook, so that you may experience the energetic pattern. Then we will label each of the movements.
   - Next, as a group, we will stand and practice tracing the Orbital Sweep through your energy field.
   - And finally, sitting down and with your eyes closed, I will guide you through the Orbital Sweep meditation.

As you guide your students through the Orbital Sweep, simultaneously trace over the same symbol on the flip chart illustration. Remember to pace yourself so that all students are following appropriately.



FLIP CHART
#13 Orbital Sweep

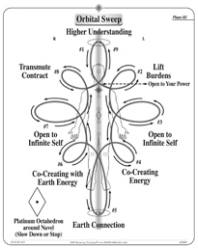
2. **TELL** them to locate the left and right side of the figure to establish that they are looking at someone facing them doing the exercise by **SAYING:**
   - Notice the illustrated figure is facing you. Notice the right side labeled with an "R" and the left side labeled with an "L".
   - This is to establish that you are looking at someone facing you doing the exercise that you will be doing.
   - We are ready to begin. As I describe each of the movements please follow along by tracing over the pattern illustrated in your workbook.



FLIP CHART
#13 Orbital Sweep

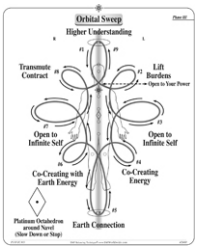
3. **BEGIN** tracing over the illustration, the energetic pattern and **SAY:**
   - Beginning in the Center Above, trace down along the right side of the face, through the throat, cross over to the left side of the body to the left shoulder.
   - Now, from the left shoulder, trace the small loop up, around and down the left side of the body to the area that is approximately even with the navel.
   - From the area that is even with the navel, trace a large loop laterally (sideways) tracing under, around and looping up and back in toward the navel (tan-tien).

4. **CHECK** the class to be sure that everyone is following appropriately.



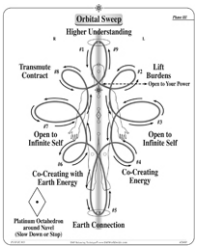
FLIP CHART
#13 Orbital Sweep

5. Continue to **TRACE** and **DESCRIBE** the energetic pattern:
    - Continue down the left side to the left thigh, trace the loop downward, around and back in towards the thigh completing the loop at the point you started.
    - Cross over the legs, down and through the right foot to the Center Below. Loop up, through the left foot, and cross over to the right side of the legs to the right thigh.
    - At the right thigh, draw a loop over and downward, around and back towards the thigh completing the loop at the point you started.
    - Continue up and towards the area that is approximately even with the navel.
    - From the area that is even with the navel, trace the large loop laterally (sideways) over and downward, around and then loop up and back in toward the navel (tan-tien).
6. **CHECK** the class to be sure that everyone is following appropriately.



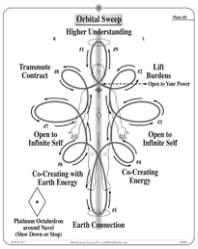
FLIP CHART
#13 Orbital Sweep

7. Continue to **TRACE** and **DESCRIBE** the energetic pattern:
    - Continue up the right side of the body toward the right shoulder. At the right shoulder trace a small loop up, around, down and towards the neck.
    - At the throat, cross over to the left side of the face, upward to the Center Above.
    - This completes your Orbital Sweep.
8. **ASK** if there are any questions and respond appropriately.



FLIP CHART
#13 Orbital Sweep

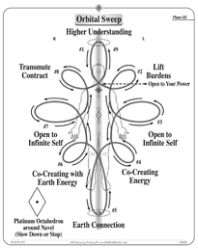
9. **REFERRING** to the flip chart, **INTRODUCE** the next step:
    - As you can see, this is the energetic pattern of the Orbital Sweep that moves the energy through all the smaller vortexes.
    - Next, I'll describe the same pattern and this time you will label each of the movements.



FLIP CHART
#13 Orbital Sweep

10. **USING** the flip chart, re-trace the Orbital Sweep referring to each numbered movement and its energetic purpose:
    - Beginning in the Center Above, please write *Higher Understanding* above the CA. Next, we begin with number 1.
    - From the Center Above, amplify energy down the right side of the face, through the throat, crossing over to the left side of the body to the left shoulder.
    - Next to the arrow which refers to your throat area write *Open to Your Power*.
    - Now, from the left shoulder, amplify the energy by looping up, off the left shoulder and around to where you see the number 2. At the number 2 please write *Lift Burdens*.
    - Continue amplifying the energy down the left side of the body to the area that is approximately even with the navel.

11. **CHECK** with the class to make sure that everybody is following you.

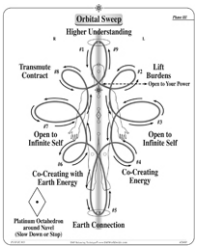


FLIP CHART
#13 Orbital Sweep

12. Continue to **TRACE** and **DESCRIBE** the energetic pattern:
    - Next, from the area that is even with the navel, amplify the energy by tracing a large loop laterally (sideways) tracing under, around and looping up and back in toward the navel (tan-tien).
    - At the number 3 please write *Open to Infinite Self*.
    - Continue down the left side to the left thigh and amplify the energy downward, up and around, and back in towards the thigh.
    - At the number 4 please write *Co-Creating Energy*.

13. **TELL** your students that there are small energy centers throughout the thigh and that this movement (number 4) helps activate them.

14. **REMIND** the class to be attentive as you illustrate the fifth movement so they are clear on how to amplify the energy through the Center Below.

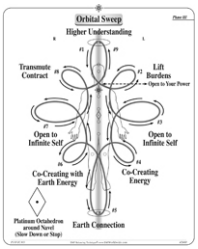


FLIP CHART
#13 Orbital Sweep

15. Continue to **TRACE** and **DESCRIBE** the energetic pattern:
    - Cross over the legs, down and through the right foot to the Center Below and loop up, through the left foot, crossing over to the right side of the legs to the right thigh.
    - At the number 5 and just below the area labeled CB please write *Earth Connection*.
    - At the right thigh, amplify the energy over and downward, around and back towards the thigh.
    - At the number 6 please write *Co-Creating with Earth Energy*.
    - Continue up and towards the area approximately even with the navel.
    - Now, amplify the energy laterally (sideways) straight and downward, then loop up and back in toward the navel (tan-tien).
    - At the number 7 please write *Open to Infinite Self*.
    - Continue to amplify the energy up and loop inward off the right shoulder, around and back down. At the number 8 please write *Transmute Contract*.
    - Now, continue amplifying the energy, crossing at the neck, open to your power, continue up the left side of the face to number 9 at the Center Above.
    - This completes the labeling of the Orbital Sweep.

16. **POINT OUT** some helpful suggestions:
    - Here are a couple of points you may find helpful.
    - If you have an energy restriction in your throat, this exercise will help move it out.
    - All the small energy vortexes within your energy anatomy will be calibrated.
    - These energy vortexes will balance themselves automatically because you are moving this energy through this particular pattern.
17. **ASK** the class if they have any questions and respond as needed.
18. **TELL** the class that now that they have labeled the pattern of the Orbital Sweep, they will now physically trace it through their field.

Orbital Sweep – Tracing Through the Field



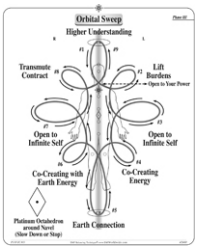
FLIP CHART
#13 Orbital Sweep

You will be leading the class through this exercise, modeling each of the movements. Cover the flip chart (or turn off your projector) so that the illustration is not visible (because it's someone facing you). Face the same direction as the class is facing so they are properly orientated for each of the movements. Take your time, smile and enjoy.

Your back will be partially facing the class.

1. **INVITE** the class to stand for this part of the exercise:
   - For this exercise, I'll ask all of you to stand.
   - This is a powerful and a fun exercise.
   - Also, we will use platinum energy for this exercise.
2. **SAY** to the class:
   - As you proceed through this exercise, please feel, sense, imagine or think about how you experience each of the movements as you trace the pattern of the Orbital Sweep through your energy field.

3. **INVITE** the class to stand and make some room between themselves.



FLIP CHART
#13 Orbital Sweep

4. **TELL** the class that you will lead them through the standing Orbital Sweep:
   - Please take a nice deep breath and keep your eyes open throughout this exercise. We give the intention to use platinum energy.
   - Please hold your left hand palm up, shoulder high to receive platinum energy.
   - With your right hand, reach up to your Center Above, this is #1.
   - Trace platinum energy down the right side of your face, cross at your throat.
   - #2 trace and loop the energy off your left shoulder.
   - #3 loop the energy out from the left side.
   - #4 loop the energy off your left thigh.
   - #5 loop the energy down through your right foot, to your Center Below and up though the left foot.
   - #6 loop the energy off your right thigh.
   - #7 loop the energy out your right side.
   - #8 loop up and off your right shoulder.
   - #9 cross at your throat and up the right side of your face, to finish at the Center Above.

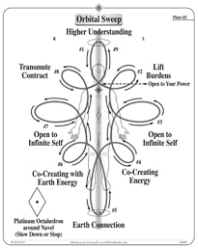
The movements of this exercise are even and graceful.

5. **ASK** the class:
   - How does that feel?
6. **ALLOW** some time for feedback from the class on how they experienced the energy.

7. Thank the class for sharing their experiences.

8. **INVITE** the class to perform this exercise one more time.

Remember to face the same direction as the class is facing so they are properly orientated when doing the movements. Also, pace yourself so the class can comfortably follow you.

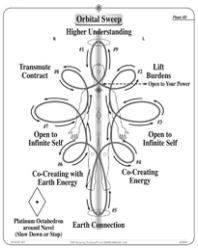


FLIP CHART
#13 Orbital Sweep

9. **SAY:**
   - Please hold your left hand palm up, shoulder high to receive platinum energy.
   - #1 reach up, beginning in the Center Above, and trace the platinum energy down the right side of your face, cross over at your throat.
   - #2 loop up off your left shoulder…
   - #3 loop out your left side…
   - #4 loop off your left thigh…
   - #5 amplify energy down through your right foot, Center Below, up through your left foot to your right thigh….
   - #6 loop off your right thigh…
   - #7 loop out your right side…
   - #8 loop up and off the right shoulder…
   - #9 cross at the throat to finish at the Center Above.

10. **CONGRATULATE** the group on a job well done and invite them to sit down.

11. **INTRODUCE** the platinum Octahedron:
    - There is one more technique that we use with the Orbital Sweep.
    - It is called the platinum Octahedron, which is a technique for you to manage the energy of the Orbital Sweep after tracing through the pattern.



FLIP CHART
#13 Orbital Sweep

12. **REFERRING** to the flip chart **POINT OUT** the Octahedron shape:
    - Please note this information on your Orbital Sweep illustration.
    - After completing the Orbital Sweep, you may experience the energy pattern continuing to circulate through your energy anatomy.
    - This is simply your own energy responding to the pattern of the Orbital Sweep.
    - If you become uncomfortable, you may slow down or stop the movement of this energy at any time by placing your hand over your navel and imaging a platinum Octahedron shape.
    - At the bottom left corner of your Orbital Sweep illustration you can see an example of the Octahedron shape.
    - Also, on the figure, you can see the location of where you place your hand while imagining the platinum Octahedron shape.

You can demonstrate how a person might do this.

13. **SUMMARIZE** the Orbital Sweep:
    - So to summarize, the Orbital Sweep energy pattern enters into all the small energy vortexes you normally don't think about within your energy anatomy.
    - Also, you can take this pattern and put it into each and every one of your chakras. The way that you do this is to simply give the intent for the pattern to be the right size for each of the chakras.
    - The Orbital Sweep is not a flat energy pattern. Rather, it blossoms and fills your entire energetic field.
    - Also, the Orbital Sweep may be traced over any energy center and it will blossom and fill that particular energy center.

14. **ASK** for questions and respond appropriately.

Orbital Sweep Meditation

As you read this meditation, feel the connection and let the platinum energy of the Orbital Sweep meditation flow. The effectiveness increases as you modulate and pace your voice accordingly, so take your time as you guide your students through this meditation.

1. **TELL** the class that you will now lead them through a very short meditation using the Orbital Sweep energy pattern, which will be a further alignment to the platinum energy.

2. **ASK** them to close their eyes and take a moment to center themselves.

3. **REMIND** the class that they will use platinum energy.

Take a deep breath and look at the people you are about to lead through this meditation.

4. **BEGIN** by **SAYING:**

   - As you are amplifying platinum energy through your field, it will calibrate all of your energy systems.
   - Platinum energies are very high vibrational frequencies. They will take on a pattern which invigorates and stimulates parts of your energy field that may not have been consistently active, thus polishing the multi-facetedness of your Self.

5. **ASK** the class to take a breath and focus their attention first in their Center Below and then in their Center Above.

6. **PAUSE** for a couple of moments and allow the class time to focus.

7. **SAY** to the class:

   - Now, trace a beam of pure platinum energy down the right side of your face, cross at your throat and open to your truth. This is Number One.
   - Number Two: Loop the platinum energy up and off your left shoulder, being aware that each time you do this, you are lifting part of your own energy body and stimulating the vortexes of energy that radiate up from the shoulders. This creates the release of heavy burdens you may be carrying at this time.

- Number Three: Loop the platinum energy straight out your left side. Open to the seat of your subconscious and to the infinite possibilities of your being.
- Number Four: Amplify the energy down through your field to your left thigh and through all the small vortexes of energy along your thigh, loop off your left thigh, allowing these energy centers of co-creation to become fully activated and strong.
- Number Five: Now amplify the platinum energy down through your right foot to your Center Below and up through your left foot making a deep connection with the energy of the earth.

8. **TELL** the class that there is an energy exchange between you and the earth.

9. **SAY** to the class:
    - Please take a moment and explore what this means to you.

10. **PAUSE** for a moment to allow the class time to contemplate this.

11. **CONTINUE** to guide the meditation:

    - Number Six: Amplify the platinum energy upward and loop off the right thigh.
    - As you move this energy up from your connection with the earth and amplify it through the co-creative energy vortexes of the right thigh, feel the strength of partnership that this creates.
    - Number Seven: Loop the platinum energy straight out your right side and again, open to the infinite possibilities of who you are.
    - Number Eight: Loop the platinum energy up and off your right shoulder and release any burdens. Being in contract creates an energy of responsibility that is nurturing.
    - Number Nine: Amplify the platinum energy through your throat.
    - Take a moment and clear your throat.

12. **PAUSE** for a moment.

13. **COMPLETE** the Orbital Sweep:

    - And then continue the movement as you amplify the energy up the left side of your face to the Center Above.
    - This completes the blending and balancing of your energy field using the Orbital Sweep pattern.

14. **ASK** the class to take a nice deep breath.

15. **PAUSE** for a moment.

16. **SAY** to the class:

    - Feel, sense, imagine, or think about the energy pattern beginning to blossom through your field.
    - Sense the resonance of the energy you are expressing at this time.
    - Please give intent for this energy to work with the evolutionary process of your being and allow the flow of unconditional love to radiate from within.
    - Take a deep breath and when you are ready, you may open your eyes.

17. **ASK** the class:

    - How did you like the platinum energy?

18. **ALLOW** a few moments for feedback.

19. **THANK** the class for sharing their feedback.

20. **ASK** the class if they have any questions and respond as needed.

21. **TELL** the class that they will now break for lunch.

22. **PROVIDE** details regarding the lunch break:

- Lunch will be (*length of time for lunch*) and we will start the afternoon session promptly at _____pm.

1 hour is recommended if time permits.

You may adjust the length of the break depending on your training location and time.

- - - - E N D O F M O R N I N G S E S S I O N - - - -

- - - L U N C H B R E A K - - -

Unit 3

Video Demonstration and Practice Session 1

Unit 3: Video Demonstration and Practice Session 1

Time: 2 hours

1. **WELCOME** the class back from lunch.

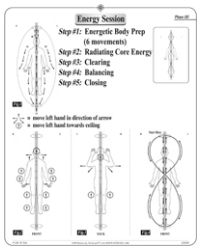
2. **SAY:**

   - If we had a theme for Phase III it would be:

     "It is not the mountain that will wear you out, but the grain of sand in your shoe."

   - What this is saying is that it is the small things that can wear you out.

   - So with that in mind, the focus of Phase III is designed to clear and balance the smaller energy vortexes.



FLIP CHART #14 Energy Session

3. **REFERRING** to the flip chart, introduce the five steps of Phase III by **SAYING:**

   - Let's take a look at the five steps in Phase III:
     - Energetic Body Prep
     - Radiating Core Energy
     - Clearing
     - Balancing
     - Closing

4. **REMIND** the class that Phase III will have the same five steps as previous phases; however the movements within those steps will be different.

5. **INTRODUCE** the Energetic Body Prep and Phase III:

   - As we did previously, we'll take a few moments and review the steps in Phase III and then watch a video demonstration.

6. **REVIEW** the steps of Phase III:

   - Why do we begin each session with the Energetic Body Prep?

     Desired Response: *The Energetic Body Prep, as the name suggests, prepares the body energetically and sets the resonance for a good session. It also assists the receiver in raising their vibrational frequency and initiates the circulation of energy.*

   - What is the purpose of Radiating Core Energy?

     Desired Response: *Radiating Core Energy increases the resonance of the individual's Core Energy.*

   - What is the purpose of Clearing and Balancing?

     Desired Response: *Clearing and Balancing help calibrate the resonance of the lattice so that the receiver can hold as much of their energy as possible.*

   - What is the purpose of the Closing?

     Desired Response: *Closing sets the new energy patterns*.

7. **REMIND** the class that once the first step, the Energetic Body Prep is completed, the giver moves directly to Step 2, Radiating Core Energy.

8. **ASK** if there are any questions about the review and respond as needed.

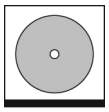
Encourage participation and thank those that contribute.

This is a brief review. Help the class if they struggle with the answers.

If for some reason you are not able to show the video, then you will review the session using the illustrations in the Phase III workbook. This may take more time, therefore you may need to adjust for the time difference.

Video Demonstration

Time: 20 - 25 minutes



VIDEO
(Energetic Body Prep and)
Phase III

1. **INTRODUCE** the video:
   - Now we'll take a look at a video which will demonstrate the movements of the Phase III.
   - Also as a reminder, all the movements and dialogs are in both your workbooks.
   - As you see each movement demonstrated, Peggy will explain in detail what you are seeing, describing each movement and its purpose.
   - This video segment runs for approximately 20 - 25 minutes.

Hold up the Energetic Body Prep and Phase III workbooks for reference.

2. **ASK** the class:
   - Do you have any questions about what you will be seeing?

You have a choice of beginning the video with the Energetic Body Prep segment or beginning at the Phase III segment.

3. **SHOW** the video.

4. **DEBRIEF** the video by **ASKING:**
   - Counting the Energetic Body Prep how many steps are there in Phase III?

     Desired Response: *Five*
   - Who would like to name them?

     Desired Response: *Energetic Body Prep, Radiating Core Energy, Clearing, Balancing and Closing*

Provide reinforcing comments to correct comments or efforts made. For example, "good answer", or "good try".

5. **THANK** the class for their contributions.

***
FLIP CHART
Day Schedule

6. **REFERRING** to the schedule, **REVIEW** what the class has accomplished to this point:
    - We started the day with a discussion about the theory of Phase III.
    - Then you experienced the Infinity Express meditation.
    - Then we discussed the side fibers.
    - Following that, we learned how to trace the Orbital Sweep through your field and continued with the Orbital Sweep meditation.
    - After lunch, we overviewed the five steps of Phase III and viewed the video demonstration.
    - That brings us to our first practice session for Phase III.

7. **ASK** the class:
    - Do you have any questions about what we have accomplished to this point before we move to our practice sessions?

8. **RESPOND** to any questions or concerns that the class may have.

This helps with the flow of the class. Adult learners like to know where they have been, where they are and where they are going.

Practice Session 1

Time: 1 hour - 1 hour 30 minutes

For Phase III you will only have two people per table and two practice sessions. Phase III as you recall takes longer because of all the small energy vortexes which are cleared and balanced.

1. **EXPLAIN** to the class that in Phase III there will be a slightly different configuration for their groups:
    - During this practice session, we only use two people per group and have two practice sessions.
    - The reason for this is because we are working with the smaller energy vortexes, which take more time. The energy work here is much more detailed.
2. **EXPLAIN** to the class that they will use both golden and platinum energies in Phase III:
    - We will begin by using golden energy for clearing. Later, we will switch to using platinum energy when we intensify the Core Energy.
    - I will let you know when that will occur.
3. **REMIND** the class:
    - I will guide you through all of the movements as well as provide feedback as needed.
    - We will perform each movement three times unless otherwise instructed by me.
    - Also, I will guide you through all the say alouds.

4. **ASK** the class if they have any questions about the practice session and clarify as needed.

5. **INVITE** the class to form groups of two and select a table.

6. **INVITE** the receivers to lie on their table on their backs and make themselves comfortable.

7. **ASK** givers to cover their receiver and then stand at the foot of the table.

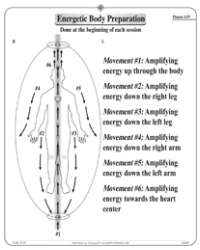
Continue being patient as you lead the students through the movements of Phase III. They may feel awkward because of the new movements with smaller vortexes that they will be performing for the first time.

Also, be sure to describe what you are doing as you demonstrate movements.

Remind observers and givers to use a gentle and soft voice when speaking the say alouds (intents) to their receivers.

STEP 1: ENERGETIC BODY PREPARATION

Watch givers carefully as they perform their movements. If they struggle with any of the movements, provide a demonstration of that movement.



FLIP CHART
#5 Energetic
Body Prep

1. **REFERRING** the class to the flip chart **INTRODUCE** the first step, the Energetic Body Prep:
   - Givers as you recall, we begin the Energetic Body Prep with The Honoring.

The Honoring

WORKBOOK
Energetic Body
Prep
Pgs. 1-2

2. **SAY** to givers:
   - Givers, please stand at the foot of your table.
   - Standing at your receiver's feet, extend your arms palms up and facing the soles of the feet and say The Honoring. Please repeat after me:

   From the Infinite Potential within me, to the Infinite Potential within you, and in honor of each of our unique beliefs, let us begin.

WORKBOOK
Energetic Body
Prep
Pg. 1
Say Aloud

Amplifying Energetic Awareness

Givers, please repeat these words as we amplify the golden energy through the body:

WORKBOOK
Energetic Body
Prep
Pg. 2
First Say Aloud

- *Focus your awareness on the golden energy of wholeness within your feet, your calves, your knees, your thighs, your hips, your abdomen and your chest, your back, your shoulders, your arms and hands, your neck and your head. Feel, sense, imagine or think about your entire Universal Calibration Lattice…and acknowledge the energy of wholeness.*
- Givers, please take a deep breath.

Right Leg – Amplify Energetic Awareness

WORKBOOK
Energetic Body Prep
Pgs. 2-5

3. **VERBALLY GUIDE** the givers amplifying energy down the right leg:
   - Givers, step to your left and amplify energy down and through the right leg of your receiver.
   - When you reach the toes of the right foot, remember to turn your body, right fingertips above the toes and rotate your left hand so that your left palm is facing the sole of the foot with fingers pointing downward.
   - Hold your position for a moment and then slowly move your left hand straight back approximately 24 inches (60 cm) from your receiver's foot.
   - Once you reach 24 inches (60 cm) hold your position again for a few seconds, allowing the energetic tension to build.
   - Then with your right hand, reach all the way to your left hand and disconnect.

Remember to occasionally provide positive reinforcement to the group by making comments such as "looks very good", or "well done."

4. **ASK** givers to repeat this movement a second time.

WORKBOOK
Energetic Body Prep
Pg. 2
Second Say Aloud

5. As givers complete their second movement **REMIND** them they have an intent:
   - Givers, you have a say aloud here. Please say to your receiver:

     Let us give the intent to enhance a strong connection to your Center Below.

6. **ASK** givers to complete their third and final movement.

7. As givers finish their movements **SAY:**

    - Givers when you have completed the movement, remember to stand at the bottom of the table, arms extended with palms up to hold the energy, while you wait for the others to complete their movement.

8. As givers wait for the others to finish **REMIND** them that they can perform each movement 3 - 9 times in their own sessions.

Left Leg – Amplify Energetic Awareness

WORKBOOK
Energetic Body Prep
Pgs. 6-7

9. **VERBALLY GUIDE** the givers amplifying energy down the left leg:

    - Givers, please walk around the foot of the table and amplify energy down the left leg of your receiver.
    - When you reach their toes, hold your right hand with fingertips above the toes and rotate your left hand so that your palm is facing the sole of the foot with fingers pointing downward.
    - Hold this position for a moment; then slowly move your left hand straight back approximately 24 inches (60 cm) from your receiver's foot.
    - Hold for a few seconds, allowing the energetic tension to build.
    - With your right hand, reach all the way to your left hand and disconnect.

10. **TELL** givers to repeat this movement.

WORKBOOK
Energetic Body Prep
Pg. 6
Say Aloud

11. As givers begin the second movement **SAY:**
    - Givers, we have a say aloud here, please say to your receiver:

      Let us give the intent to enhance a strong connection to your Center Below.
    - Givers, please repeat this movement one more time.

Inform givers that when they finish to stand at the foot of the table and hold the energy while other complete their movement.

Right Arm – Amplify Energetic Awareness

WORKBOOK
Energetic Body Prep
Pgs. 7-9

12. **TELL** givers:
    - Givers, we'll now amplify energy down the right arm. Please walk around the bottom of the table and stand at your receiver's right side.
13. **ASK** givers to fold back the cover and turn their receiver's right palm up.
14. **TELL** givers to place their right hand palm down above the right shoulder and their left palm up under the shoulder and amplify the energy down the right arm.
15. **REMIND** givers that their hands are 2 - 4 inches (5 - 10 cm) from the shoulder as they start to amplify the energy down the arm.
16. **VERBALLY GUIDE** givers:
    - As you reach the receiver's right hand, turn your body so your back is facing their right leg.
    - Position your fingertips so they are aligned with your receiver's fingertips.
    - Hold this position for a moment, making sure that your right hand is palm down and your left hand is palm up.
    - Move your left hand away from the receiver's hand 24 inches (60 cm).
    - Keep your hand in this position for a few seconds to hold the tension and then bring your right hand to your left to disconnect.

17. **ASK** givers to complete this movement two more times.

WORKBOOK
Energetic Body
Prep
Pg. 7
Say Aloud

18. As givers continue to complete their movements, **SAY:**

    - Givers we have a say aloud here. Please say to your receiver:

      Let us give the intent to increase the radiating of your heart energy, creating greater freedom.

19. **TELL** givers:

    - Once you have completed the third and final movement, turn the receiver's right arm back in towards their body and cover them.
    - Then, stand at the bottom of the table and hold the energy while the others are completing their movements.

Left Arm – Amplify Energetic Awareness

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Pgs. 10-11

20. After all givers have completed the movement, **SAY:**

- Givers, next we will amplify energy down the left arm. Please walk around the bottom of the table and stand at your receiver's left side.
- You are now going to amplify energy down and through your receiver's left arm.
- Fold back the cover and turn their left palm up.
- Place your left hand palm down above the left shoulder, and your right palm up under their shoulder.
- Your hands are 2 - 4 inches (5 - 10 cm) from the shoulder.
- Amplify the energy down the left arm.
- As you reach the receiver's fingertips and all fingertips are lined up, rotate both your hands so your left palm is facing up and your right palm is facing down.
- Position your fingertips so they are aligned with your receiver's fingertips.
- Hold this position for a moment.
- Move your left hand away from the receiver's hand 24 inches (60 cm).
- Keep your hand in this position, hold the tension for a few seconds, and bring your right hand to your left to disconnect.
- Givers, complete this movement two more times.

WORKBOOK
Energetic Body
Prep
Pg. 10
Say Aloud

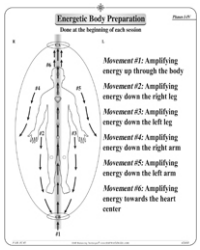
21. As givers continue to complete their movements, **SAY:**
    - Givers we have a say aloud here. Please say to your receiver:

      Let us give the intent to increase the radiating of your heart energy, creating greater freedom.

22. **TELL** givers:
    - Once you have completed the third and final movement, turn the receiver's left arm back in towards their body and cover them.
    - Then stand at the bottom of the table and hold the energy while the others are completing their movements.

23. **TELL** everyone to take a nice deep breath.

Focusing Awareness Within The Heart Center



FLIP CHART
#5
Energetic Body
Prep

WORKBOOK
Energetic Body
Prep
Pgs. 12-14

24. **REFERRING** to the flip chart **TELL** the class the last movement in the Energetic Body Prep is amplifying energy towards the heart center.

25. **SAY** to givers:

    - Please step to your left and stand at your receiver's right side.
    - You are now going to amplify golden energy through the heart center.
    - Your right hand is held palm up at a 45 degree angle, fingers amplifying energy towards the heart.
    - Begin circling clockwise above the crown with the left hand.
    - Stop circling and turn your right hand so that your palm is facing the receiver's heart center with your fingers pointing towards your receiver's crown.
    - While holding this position with your right hand, move your left hand straight back and away from the top of your receiver's head 24 inches (60 cm).
    - Hold for a few seconds, then reach across with your right hand and disconnect.
    - Givers please complete this movement two more times.

If it looks like some givers are having difficulty with the direction of "clockwise", you can remind them that a way to be sure that that they are circling clockwise is to imagine sitting in a chair at the top of the table and looking towards the top of their receiver's head which has a clock placed on it.

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Energetic Body Prep
Pg. 12
Say Aloud

26. As givers continue to complete their movements, **SAY:**

    - Givers, we have a say aloud here. Please say to your receiver:

      Let us give the intent for a strong, clear connection to your Center Above.

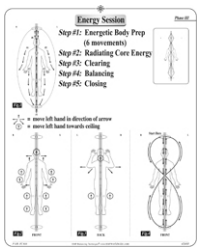
27. **TELL** givers:

    - Once you have completed the third and final movement, stand at the side of the table and hold the energy while the others are completing their movements.

28. **SAY** to givers:

    - Givers, you have just completed the Energetic Body Prep. Excellent work.
    - Everyone, please take a nice deep breath.

STEP 2: RADIATING CORE ENERGY



FLIP CHART
#14
Radiating Core
Energy

WORKBOOK
Phase III
Pgs. 1-2

WORKBOOK
Phase III
Pg. 1
Say Aloud

1. **REFERRING** to the flip chart, **INTRODUCE** the second step in Phase III - Radiating Core Energy.
   - The next step in Phase III is Radiating Core Energy.
2. **TELL** givers to move to their left and stand at their receiver's right shoulder, facing their crown.
3. **TELL** givers to receive permission to open the receiver's field so he may radiate core energy by **SAYING:**
   - Givers, you need to receive permission to open your receiver's field. Please repeat after me:

     (Say Receiver's name) In this moment do you choose to increase the radiating of your core energy?
   - It is very important that permission be granted either verbally or by a nod of the head before you continue.

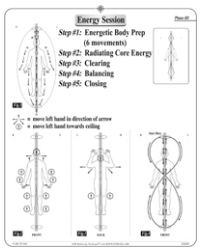
4. Continue to **VERBALLY GUIDE** givers:
    - Your left hand is raised palm upwards about shoulder height to receive clear energy.
    - Your right hand is held with fingertips pointing straight down into your receiver's Center Above, palm facing you.
    - Givers, this is the beginning stance.
    - Now, we will begin the movement.
    - Slowly walk backwards, moving your right hand in the same plane, about 6 inches (15 cm) above the receiver's body, taking your time, all the way down to the Center Below, 24 inches (60 cm) below the feet.
    - At the Center Below, stop for a moment and lift your right hand up to a height approximately even with the height of your left hand which is still in its original position.
    - Remember givers, you will only perform this movement once.
    - When you have completed this movement, relax your arms and stand at your receiver's mid section.

Provide verbal encouragement to givers.

STEP 3: CLEARING

Clearing the Right Side

Tell the class that during clearing they will need to hold momentarily after they stop circling, before moving their hand away from their receiver to disconnect.



FLIP CHART
#14
Clearing

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WORKBOOK
Phase III
Pg. 3
Say Aloud

1. **REFERRING** to the flip chart, **TELL** the class that the third step in Phase III is Clearing.

2. **ASK** the class how many times these movements are performed if they are going to do them outside of class.

   Desired Response: *3 - 9 times depending on the needs of the receiver*

3. **REMIND** the class that for the practice sessions, the movements are performed three times.

4. **TELL** givers they will now clear the right side of their receiver.

5. **ASK** givers to repeat after you and say to their receiver:

   This part of the session is called clearing. We will focus on the evolving clarity of the smaller energy centers. I will be lightly placing my hand on the areas to be cleared on your right side - shoulder, elbow, wrist, hip, knee and ankle.

6. **TELL** givers:

   - Givers, please turn your receiver's arm so their palm is facing up.
   - Now, with your right hand, gently touch the top of your receiver's right shoulder, the inside of the elbow, the wrist, the hip, knee and ankle.

A quick on the spot review.

Remind the class that there is a well known saying:

"It is not the mountain that will wear you out, it is the grain of sand in your shoe."

There is a substantial clearing in all the small vortexes of energy. All the small ones feed into the larger vortexes. The attention to detail in this clearing process contributes to the unification of the chakra system.

Golden energy is used for all the clearing in Phase III.

Clearing the Right Shoulder

1. **SAY** to the givers:
   - Please observe as I demonstrate clearing the right shoulder.

WORKBOOK
Phase III
Pg. 4

2. After completing the demonstration **SAY:**
   - Givers, now I'll have you practice clearing the right shoulder.
   - Facing your receiver's crown, please hold your right hand palm up fingers pointing towards the top of your receiver's shoulder, and your left hand, palm facing the shoulder.
   - Amplify golden energy with your right hand and circle with the left.
   - Remember the left hand is circling clockwise.
   - Stop the circling and hold momentarily, then move the left hand straight back 24 inches (60 cm) away from the top of the shoulder alongside the head.
   - Hold for a few seconds, then reach across with your right hand and disconnect.
   - Perform this movement two more times.

Clearing the Right Inner Elbow

1. **TELL** the givers to observe as you demonstrate clearing the inner elbow.

WORKBOOK
Phase III
Pg. 5

2. After completing the demonstration **SAY:**
   - Givers, now I'll have you practice clearing the inner elbow.
   - The fingers of your right hand are pointing towards your receiver's inner elbow.
   - Your left hand is palm facing down over their inner elbow.

- Amplify golden energy with your right hand and circle with your left.
- When you stop the circling, hold momentarily then lift your left hand straight up 24 inches (60 cm) towards the ceiling.
- Hold the tension for a few seconds and disconnect.
- Perform this movement two more times

Clearing the Right Wrist and Palm

1. **TELL** the givers to observe as you demonstrate clearing the wrist and palm.

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Phase III
Pg. 6

2. After completing the demonstration **SAY:**
   - Givers, now I'll have you practice clearing the wrist and palm.
   - With your right hand, amplify golden energy towards the center of the palm and circle clockwise over the wrist with your left hand.
   - Stop circling and hold momentarily, and then lift your left hand 24 inches (60 cm) straight up towards the ceiling.
   - Hold the tension for a few seconds and disconnect.
   - Perform this movement two more times.

Clearing the Right Hip

1. **ASK** the givers to observe as you demonstrate clearing the hip.

WORKBOOK
Phase III
Pg. 7

2. After completing the demonstration **SAY:**
   - Givers, now I'll have you practice clearing the hip.
   - Facing your receiver's crown, amplify golden energy with your right hand towards the vortex of the right hip joint.

You can show the angle of the vortex for the hip.

- Your left hand circles clockwise over the vortex located on the side of the hip joint.
- Stop circling and hold momentarily. Then, move your left hand away 24 inches (60 cm) from the body in a horizontal direction and hold for a seconds.
- Now, reach over with your right hand and disconnect.
- Perform this movement two more times please.

Clearing the Right Knee

1. **ASK** the givers to observe as you demonstrate clearing the knee.

WORKBOOK
Phase III
Pg. 8

2. After completing the demonstration **SAY:**
   - Amplify golden energy with your right hand towards the vortex of the right knee.
   - Your left hand circles clockwise over the vortex located on the top of the kneecap.
   - Stop the circling and hold momentarily. Then lift your left hand straight up 24 inches (60 cm).
   - Hold the tension for a few seconds.
   - Now, reach up with your right hand and disconnect.
   - Perform this movement two more times.

Tell the class that is important to not turn their back to their receiver. Doing this will lessen the calibration.

Clearing the Right Ankle and Foot

1. **ASK** the givers to observe as you demonstrate clearing the right ankle and foot.

Make sure that the givers are standing at their receiver's right foot, facing the side of the table.

WORKBOOK
Phase III
Pg. 9

2. After completing the demonstration **SAY:**
   - Givers, now I'll have you practice clearing the ankle and foot.
   - Your fingers of your right hand are pointing towards the center of the sole of your receiver's foot, amplifying golden energy.
   - Your left hand circles clockwise over the vortex of the ankle.
   - Stop the circling and hold momentarily. Then, lift your left hand straight up 24 inches (60 cm).
   - Hold the tension for a few seconds.
   - Now, reach up with your right hand and disconnect.
   - Perform this movement two more times.
   - After completing your last movement, return your receiver's arm to its original position and cover.

Clearing the Left Side

WORKBOOK
Phase III
Pg. 10

1. **ASK** givers to walk around the bottom of the table and stand at their receiver's left shoulder.

2. **TELL** givers that they will now clear the left side of the body.

3. **TELL** givers:

   - Givers, please turn your receiver's arm so their palm is facing up.

WORKBOOK
Phase III
Pg. 10
Say Aloud

4. **ASK** givers to repeat after you and say to their receiver:

   We will now focus on the evolving clarity of the smaller energy centers on your left side. I will be lightly placing my hand on the areas to be cleared on your left side - shoulder, elbow, wrist, hip, knee and ankle.

5. **ASK** givers to touch the top of their receiver's left shoulder, the inside of the elbow, the wrist, the hip, knee and ankle with their right hand.

Clearing the Left Shoulder

WORKBOOK
Phase III
Pg. 11

1. **ASK** the givers to observe as you demonstrate clearing the left shoulder.

2. After completing the demonstration **SAY:**
   - Givers, now you may practice clearing the left shoulder.
   - Be sure you are facing your receiver's crown center.
   - Amplify golden energy with your right hand palm up towards the vortex on the top of your receiver's left shoulder.
   - With your left hand, palm vertical and fingers pointing downward, circle clockwise next to the shoulder vortex.
   - Stop the circling and move your left hand straight back about 24 inches (60 cm) off the top of their shoulder and alongside the head.
   - Hold the tension for a few seconds.
   - Now, reach across with your right hand and disconnect.
   - Perform this movement two more times.

Clearing the Left Inner Elbow

1. **ASK** the givers to observe as you demonstrate clearing the inner elbow.

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Phase III
Pg. 12

2. After completing the demonstration **SAY:**
   - Givers, now I'll have you practice clearing the inner elbow.
   - Your fingers of your right hand are pointing towards your receiver's inner elbow.
   - Your left hand is palm facing down over their inner elbow.
   - Amplify golden energy with your right hand and circle clockwise with your left hand.
   - Stop the circling and hold momentarily. Then lift your left hand straight up 24 inches (60 cm).
   - Hold the tension for a few seconds.
   - Now, reach up with your right hand and disconnect.
   - Repeat this movement two more times please.

Clearing the Left Wrist and Palm

1. **ASK** the givers to observe as you demonstrate clearing the wrist and palm.

WORKBOOK
Phase III
Pgs. 12-13

2. After completing the demonstration **SAY:**
   - Givers, now I'll have you practice clearing the wrist and palm.
   - With your right hand, amplify golden energy into the center of the palm of your receiver's left hand.
   - Circle with your left hand above your receiver's wrist.
   - Stop the circling and lift your left hand straight up 24 inches (60 cm) towards the ceiling.
   - Hold for a few seconds.
   - Reach up with your right hand and disconnect.
3. Perform this movement two more times.

Clearing the Left Hip

WORKBOOK
Phase III
Pgs. 13-14

1. **ASK** the givers to observe as you demonstrate clearing the left hip.
2. **ASK** the class to watch carefully because this particular movement is a crossover moment.
3. After completing your demonstration **SAY:**
   - Givers, now I'll have you practice clearing the left hip.
   - Amplify golden energy with your right hand, palm upwards, fingers pointing towards the vortex of your receiver's hip joint.

The reason we perform the cross-over movement is because we will calibrate the deepest response possible when we are facing the crown. If the back is towards the crown the results lessen.

- Your left palm faces the side of their body over the hip joint and your fingers are pointing downwards.
- Your left hand circles clockwise in a vertical plane, over the hip vortex.
- After several rotations, stop the circling.
- Move your left hand 24 inches (60cm) away from the receiver's body, in a horizontal line.
- Remember, this is a crossover movement.
- Hold for a few seconds.
- And now, reach across with your right hand and disconnect.
- Perform this movement two more times please.

Clearing the Left Knee

1. **ASK** the givers to observe as you demonstrate clearing the knee.

WORKBOOK
Phase III
Pgs. 14-15

2. After completing the demonstration **SAY:**
    - Givers, now you may practice clearing the knee.
    - Amplify golden energy with your right hand towards the vortex of the right knee.
    - Your left hand circles clockwise over the vortex located on the top of the kneecap.
    - Stop the circling and lift your left hand straight up 24 inches (60 cm).
    - Hold the tension for a few seconds.
    - Now, reach up with your right hand and disconnect.
    - Perform this movement two more times.

Clearing the Left Ankle and Foot

1. **ASK** the givers to observe as you demonstrate clearing the ankle and foot.

Make sure that the givers are standing at the bottom of the table.

WORKBOOK
Phase III
Pg. 15

2. After completing the demonstration **SAY:**
    - Givers, now you may practice clearing the ankle and foot.
    - Your fingers of your right hand are pointing towards the center of the sole of your receiver's foot, amplifying golden energy.
    - Your left hand circles clockwise over the vortex of the ankle.
    - Stop the circling and lift your left hand straight up 24 inches (60 cm).
    - Hold the tension for a few seconds.
    - Now, reach up with your right hand and disconnect.
    - Perform this movement two more times.
    - Givers, after completing your last movement, please return the left arm to its original position and cover.

3. **TELL** givers that they have now completed clearing the smaller energy vortexes on the right and left sides of their receiver.

Clearing the Right Side of the Jaw

1. **ASK** the givers to observe as you demonstrate clearing the right side of the jaw.

WORKBOOK
Phase III
Pg. 16
Say Aloud

2. **ASK** givers to repeat after you and say to their receiver:

   I will now be clearing the right and left sides of your jaw, followed by the area of your third eye.

WORKBOOK
Phase III
Pgs. 16-17

3. **SAY** to givers:
   - Givers, now I'll have you practice clearing the jaw.
   - Walk around the bottom of the table and stand at your receiver's right shoulder.
   - Once again, you are facing their crown.
   - Point the index and middle finger of both hands towards the vortex of the jaw joint.
   - The two fingers of your right hand amplify golden energy towards the vortex of the jaw joint.
   - The two left fingers circle clockwise over the vortex of the jaw with the pads of the fingertips facing the jaw.
   - Stop circling and move your left hand 24 inches (60 cm) in a horizontal direction away from your receiver's face.
   - Hold for a few seconds.
   - Reach across with your right fingers and disconnect.
   - Perform this movement two more times.

Tell givers that as they use the two fingers of each hand to amplify energy towards these small yet powerful vortexes of energy, they may have a sense of using their hands as precise and precious tools.

The pads of the fingers collect the fibers.

Clearing the Left Side of the Jaw

WORKBOOK
Phase III
Pgs. 18-19

1. **ASK** the givers to observe as you demonstrate clearing the left side of the jaw.

2. After completing the demonstration **SAY:**
   - Givers, now you may practice clearing the jaw.
   - Walk around the top of the table, and stand at the receiver's left shoulder.
   - Once again, you are facing their crown.
   - The two fingers of your right hand amplify golden energy towards the vortex of the jaw joint, palm facing upwards at a 45 degree angle.
   - The two fingers of your left hand circle clockwise over the vortex of the jaw joint, fingertips pointing downwards.
   - Stop circling and move your left hand 24 inches (60 cm) away from your receiver's face.
   - Remember, this movement is a crossover movement.
   - Hold for a few seconds.
   - Reach across with your right fingers and disconnect.
   - Perform this movement two more times.

Tell givers that clearing the jaw and third eye is the only time throughout the four phases that they will walk around the top of the table.

Clearing the Third Eye Area

1. **ASK** the givers to observe as you demonstrate clearing the third eye area.

WORKBOOK
Phase III
Pg. 20

2. After completing the demonstration **SAY:**
    - Givers, now I'll have you practice clearing the area of the third eye.
    - Walk around the top of the table and stand at the receiver's right shoulder.
    - Once again, you are facing their crown.
    - Point the index and middle fingers of both hands towards the third eye area.
    - The index and middle fingers of your right hand amplify golden energy towards the forehead.
    - The pads of the two left fingertips, facing down, circle clockwise over the forehead.
    - Stop circling and move your left hand straight up 24 inches (60 cm).
    - Hold for a few seconds.
    - Reach up with your right fingers and disconnect.
    - Perform this movement two more times.

Clearing the Back

1. **SAY** to givers:
   - You have done a lot of clearing on the front of the body.
   - You will now clear the back.
   - There are not as many centers to be cleared on the back. However, the ones you do clear are very important.

WORKBOOK
Phase III
Pg. 20
Say Aloud

2. **ASK** givers to lift the cover on their receiver and say:

   Would you please roll over towards me, onto your front?

3. **ASK** givers to ask their receiver to rest their arms above their head. This will help givers clear under the arm.

As you clear the energy vortexes under the arms you are working with the energy center under the ribs that holds the anchors of old energy dynamics.

Clearing the Back - Left Side

Remind givers to face their receiver's crown when clearing. Turning their back on the crown lessens the calibration.

1. **INSTRUCT** givers to stand at their receiver's left shoulder.

WORKBOOK
Phase III
Pg. 21
Say Aloud

2. **TELL** givers to say to their receiver:

   I will be lightly placing my hand on the areas to be cleared on your left side - shoulder for clearing the area under the arm, elbow and back of the knee.

3. **TELL** givers:
   - Lightly touch the back of your receiver's left shoulder, the outer elbow and the back of the knee with your right hand.
   - Check with your receiver to see if they are comfortable with their palms facing downward resting at their head.

Clearing the Left Underarm

4. **ASK** the givers to observe as you demonstrate clearing the underarm.

Show the vortex under the arm.

WORKBOOK
Phase III
Pgs. 21-22

5. After completing the demonstration **SAY:**
   - Givers, now you may practice clearing the underarm.
   - Be sure you are standing at your receiver's waist, mid-point of the body.
   - Amplify golden energy with your right hand towards the vortex under their arm.

- Circle clockwise over the vortex of your receiver's underarm with your left hand.
- Stop the circling and move your left hand 24 inches (60 cm) away from your receiver's body at a slight angle.
- Hold for a few seconds.
- Reach across with your right hand and disconnect.
- Perform this movement two more times.

Clearing the Left Outer Elbow

1. **ASK** the givers to observe as you demonstrate clearing the outer elbow.

WORKBOOK
Phase III
Pg. 23

2. After completing the demonstration **SAY:**
   - Givers, now you may practice clearing the outer elbow.
   - Amplify golden energy with your right hand towards the tip of the elbow.
   - Circle clockwise over the tip of the elbow with your left hand.
   - Stop the circling and move your left hand away from your receiver's body 24 inches (60 cm).
   - Hold for a few seconds.
   - Reach across with your right hand and disconnect.
   - Perform this movement two more times.

Clearing the Back of the Left Knee

1. **ASK** the givers to observe as you demonstrate clearing the back of the left knee.

WORKBOOK
Phase III
Pg. 24

2. After completing the demonstration **SAY:**
   - Givers, you may now practice clearing the back of the knee.
   - Amplify golden energy with your right hand towards the vortex in the back of the knee.
   - Circle clockwise over the vortex in the back of the knee with your left hand.
   - Stop the circling and move your left hand straight up 24 inches towards the ceiling (60 cm).
   - Hold for a few seconds.
   - Reach up with your right hand and disconnect.
   - Perform this movement two more times.

Show where the vortex is at the back of the knee.

Clearing the Back - Right Side

WORKBOOK
Phase III
Pg. 25
Say Aloud

1. **INSTRUCT** givers to walk around the bottom of the table and stand at their receiver's right shoulder.
2. **TELL** givers to say to their receiver:

   I will be lightly placing my hand on the areas to be cleared on your right side - shoulder for clearing the area under the arm, elbow and back of the knee.

3. **TELL** givers:
   - Lightly place your right hand on the back of your receiver's right shoulder, the outer elbow and the back of the knee.

Clearing the Right Underarm

1. **SAY** to the givers:
    - Please observe as I demonstrate clearing the underarm.
    - Be attentive of how I am holding my left arm; this is a crossover movement.

WORKBOOK
Phase III
Pgs. 25-26

2. After completing the demonstration **SAY:**
    - Givers, now you may practice clearing the underarm.
    - Be sure you are standing at your receiver's right waist area, mid-point of the body.
    - Amplify golden energy with your right hand towards the vortex under their arm, palm up.
    - Circle clockwise over the vortex of your receiver's underarm with your left hand, fingers pointing downward.
    - Stop the circling and move your left hand away 24 inches (60 cm) from your receiver's body at a slight angle. This is the crossover movement.
    - Hold for a few seconds.
    - Reach across with your right hand and disconnect.
    - Perform this movement two more times.

Clearing the Right Outer Elbow

1. **ASK** the givers to observe as you demonstrate clearing the outer elbow.

WORKBOOK
Phase III
Pg. 27

2. After completing the demonstration **SAY:**
   - Givers, now you may practice clearing the outer elbow.
   - Amplify golden energy with your right hand towards the tip of the elbow.
   - Circle clockwise over the tip of the elbow with your left hand, fingers pointing downward.
   - Stop the circling, remember this is a crossover movement, and move your left hand away from your receiver's body 24 inches (60 cm).
   - Hold for a few seconds.
   - Reach across with your right hand and disconnect.
   - Perform this movement two more times.

Consider the saying "I need some elbow room".

This is one of the ways we ask for more space.

Once again these energy vortexes are connected to the energy center under the ribs.

Clearing the Back of the Right Knee

1. **TELL** the givers to clear the back of the right knee.

WORKBOOK
Phase III
Pg. 28

2. **SAY:**
   - Amplify golden energy with your right hand towards the vortex in the back of the right knee.
   - Circle clockwise over the vortex of the knee with your left hand.
   - Stop the circling. Move your left hand straight up towards the ceiling 24 inches (60 cm).

When children are playing and they want to knock each other off balance they often hit each other behind the knees.

Imagine how it affects our balance and reality when we are carrying excess energy behind the knees.

- Hold for a few seconds.
- Reach up with your right hand and disconnect.
- Perform this movement two more times.

Congratulate the givers on doing a good job.

Clearing the Back of the Neck

1. **SAY** to the class:
    - This is the final clearing that you will be doing.
    - Please walk around the bottom of the table and stand at your receiver's left side, shoulder level.
    - Please observe as I demonstrate clearing the back of the neck.

WORKBOOK
Phase III
Pgs. 29-30

2. After completing the demonstration **SAY:**
    - Givers, now I'll have you practice clearing the back of the neck.
    - Amplify golden energy with your right hand towards the vortex in the back of the neck, the nape.
    - Circle clockwise over the vortex in the back of the neck with your left hand.
    - Stop the circling and move your left hand straight up 24 inches (60 cm).
    - Hold for a few seconds.
    - Reach up with your right hand and disconnect.
    - Perform this movement two more times.

The last area to be cleared in this session is the back of the neck. In some religions, this area is referred to as the "mouth of God".

This area is an important opening to the energy of the spine and brain.

Here we are able to receive the refined energies that are available to us now.

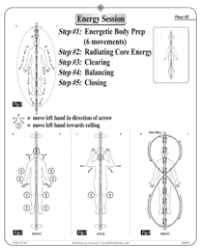
1. **CONGRATULATE** the givers on completing the clearing for Phase III.

2. **ASK** givers to lift the cover off their receiver and ask them to turn onto their back by saying:

   Take a deep breath. Carefully, very carefully, please, roll over onto your back.

STEP 4: BALANCING

Balancing the Downward Flow



FLIP CHART
#14
Balancing

1. **REFERRING** to the flip chart, **EXPLAIN** to givers that they are now ready for Step 4 - Balancing.

2. **ASK** the class to observe as you demonstrate balancing the downward flow.

See Teacher Support Pg. 165 for further explanation of balancing the flow.

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Pg. 31
First Say Aloud

3. After completing the demonstration **SAY:**
   - Givers, now I'll have you practice balancing the downward flow.
   - Please say to your receiver:

     I will be placing my hand on the area of your solar plexus.

4. **INSTRUCT** the givers on the position for this movement by **SAYING:**
   - Place your left hand on your receiver's solar plexus so that your fingertips touch the navel and are pointing towards the Center Below.
   - Extend your right arm, with the fingertips pointing towards, and amplifying energy to, the Center Below.

You can animate this movement as you describe it to the givers.

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Pg. 31
Second Say Aloud

5. As givers are amplifying the energy, **ASK** them to say to their receiver:

   Focus your awareness on the energy of wholeness within your Center Below. Feel, sense, imagine or think about your energy flowing from your Center Above all the way down and through to your Center Below. Breathe deeply and feel the peace.

6. **TELL** givers to hold this position and allow the energy to intensify for 30 - 60 seconds.

7. After 30 - 60 seconds, **INSTRUCT** givers to lift their left hand off their receiver and relax both arms at their sides.

The color of the energy is not defined because it is the receiver's own energy. Their energy may represent itself in many different colors.

Balancing the Upward Flow

1. **TELL** givers that they will now balance the flow of energy upward to the Center Above.

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Pg. 32
First Say Aloud

2. **TELL** givers to say to their receiver:

   I will again be placing my hand on the area of your solar plexus.

3. **INSTRUCT** givers on the hand position for this movement by **SAYING:**

   - Place your right hand on your receiver's solar plexus with the heel of your palm touching the navel and your fingertips pointing towards the Center Above.
   - Extend your left arm, with the fingertips pointing towards, and amplifying energy to, the Center Above.

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Pg. 32
Second Say Aloud

4. As the givers are amplifying the energy, **ASK** them to say:

   Focus your awareness on the energy of wholeness within your Center Above. Feel, sense, imagine or think about your energy flowing from your Center Below all the way up and through to your Center Above. Breathe deeply and feel the peace.

5. **TELL** givers to hold this position and allow the energy to intensify for 30 - 60 seconds.

6. After 30 - 60 seconds, **INSTRUCT** givers to lift their right hand off their receiver and relax both arms at their sides.

Intensifying the Core Energy

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1. **INTRODUCE** the next step to givers by **SAYING:**

   - The next step in the balancing process is to intensify the Core Energy.

2. **POINT OUT** to givers that for the clearing process, they used golden energy. Now they will give intent to use platinum energy for the first time.

3. **EMPHASIZE** to givers that when they intensify the Core Energy they use platinum energy for the first time in the technique.

4. **ASK** givers:

   - Why it is important to use the platinum energy in the technique only when directed?

     Desired Response: *Because the platinum energy is of a higher vibration and our nervous systems are still adjusting to this new energy. Therefore, we must prepare gradually until our nervous systems are able to adapt.*

5. **INSTRUCT** givers to place a chair at the receiver's right side and sit comfortably.

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Phase III
Pg. 33
First Say Aloud

6. **TELL** givers to say to their receiver:

   I will be placing my left hand under the small of your back and my right hand on the area of your solar plexus.

7. **INSTRUCT** givers to place their hands in the proper position by **SAYING:**

   - Hold your left hand palm up and slide it under the small of your receiver's back.
   - Place right hand with the heel of the palm on the navel, fingers pointing towards your receiver's crown.

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Pg. 33
Second Say Aloud

8. **TELL** givers to say to their receiver:

   Feel, sense, imagine or think about a pure platinum column of energy radiating from your entire being. Allow this pure light of self to radiate outward through your UCL and into your entire Universe, as you know it.

Remind observers to show givers the Phoenix Factor located at the bottom of page 33 of their workbooks.

Phoenix Factor*: After you complete the say aloud, if your receiver is so inclined, you may lead them through a short I Remember I Am meditation.*

Ask observers to please mark this Phoenix Factor for easy reference.

9. **REMIND** givers to straighten their posture, take a nice deep breath and hold this position for 60 seconds.

10. After 60 seconds, **INSTRUCT** givers to reposition themselves by **SAYING:**

    - Givers lift your right hand and slide your left hand out from under your receiver's back.
    - Take a moment, breathe and center yourself.

11. **ASK** givers to stand and place their chairs at the top of the table.

12. **INSTRUCT** givers to stand by their receiver's head, facing their Center Above.

Tracing the Core Energy Pattern

1. **ASK** the givers to observe as you demonstrate tracing the Core Energy pattern.

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Pgs. 34-35

2. As you demonstrate tracing the Core Energy pattern **SAY:**
   - I will say to the receiver:

     Focus your awareness on the energy of wholeness within the core of your being. You may give the intent to live your everyday life as an expression of peace-filled empowerment.

See Teacher Support Pg. 165 for a detailed explanation of what is occurring as the Core Energy pattern is traced through the field.

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Phase III
Pg. 34
Say Aloud

3. After completing the demonstration **SAY:**
   - Givers, now I'll have you practice tracing the Core Energy pattern.
   - Tracing the Core Energy pattern sets the two Phase III templates.
   - Hold your left arm palm up to receive platinum energy and your right hand palm down at the Center Above.
   - Your hand should remain 12 inches (30 cm) above the body throughout the entire movement, with the palm horizontal as best you can.
   - Please say to your receiver:

     Focus your awareness on the energy of wholeness within the core of your being. You may give the intent to live your everyday life as an expression of peace-filled empowerment.

4. **GUIDE** givers in tracing the Core Energy pattern:
   - Begin moving your right hand down the right side of your receiver's body.
   - Cross at the navel.
   - Reach over and continue tracing down the left side of the body to the Center Below.
   - Continue tracing up the right side of the body.
   - Cross at the navel and follow the Core Energy pattern up the left side of the body to the Center Above.
   - Please repeat this movement 3 - 9 times according to your intuition and complete this movement in your receiver's Center Above.

Pace this dialog with the givers' movements.

5. After givers have completed tracing the Core Energy pattern **SAY:**
   - Givers, lift your right hand and holding both hands in a palms up position at table height, allow your receiver to continue calibrating in this energy for about 30 seconds.

You may animate this to help givers visualize what you are instructing them to do.

6. After about 30 seconds, **SAY** to givers:
   - Givers, please move to the head of the table.

7. **TELL** givers that they will now balance around the head.

Balancing Around the Head

WORKBOOK
Phase III
Pg. 36
First Say Aloud

1. **SAY:**
   - Givers, next you'll practice balancing around the head.
   - Please say to your receiver:

     I will be placing both my hands underneath or on either side of your head.

2. **INSTRUCT** the givers on the position for this movement:
   - Place both hands palms up in a comfortable position underneath the back of the receiver's head.
   - If their head is resting on a pillow, it may be more comfortable to place your hands on each side of their head.
   - Hold their head gently with both hands.
   - The contact is important.

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Pg. 36
Second Say Aloud

3. **INSTRUCT** givers to say to their receiver:

   Feel, sense, imagine or think about rings of energy circle your head horizontally and vertically. Let us give the intent that they calibrate into an evenly spaced, healthy pattern according to your inner wisdom.

4. **TELL** givers to hold this position for about 30 - 60 seconds.

5. **INSTRUCT** givers to slowly move their hands away from their receiver's head and center themselves for a moment.

Final Adjustments

WORKBOOK
Phase III
Pg. 37
Say Alouds

1. **SAY:**
   - Givers, now you will practice making the final adjustments.
   - Say to your receiver:

     I will be placing my hands on your jaw.
   - Place your hands on the receiver's jaw, near the joint, palms towards their face, but not around the chin.
   - Hold this connection for 30 - 60 seconds.
   - Please say to your receiver:

     If there are any other adjustments to be calibrated through your lattice, please allow them to be made now, and as always, in accordance with your inner wisdom.

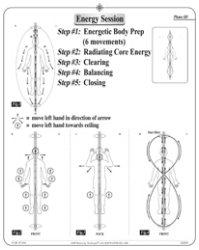
2. **INSTRUCT** givers to slowly move their hands away from their receiver's jaw and rest them on their laps.

3. **TELL** givers to center themselves for a few moments.

4. After a few moments, **TELL** givers to stand and walk along their receiver's right side to the end of the table and face their receiver's feet.

STEP 5: CLOSING

Amplify Energetic Awareness and Grounding



FLIP CHART
#14
Closing

1. **REFERRING** to the flip chart, **EXPLAIN** to givers that they are now ready for Step 5 - Closing.

2. **SAY** to givers:

   - Please extend your arms, palms facing the soles of your receiver's feet.
   - Take a moment and let the energy flow.

WORKBOOK
Pg. 39
First Say Aloud

   - Please say to your receiver:

     Focus your awareness on the energy of wholeness within your feet, your calves, your knees, your thighs, your hips, your abdomen and your chest, your back, your shoulders, your arms and hands, your neck and your head. Feel, sense, imagine or think about your entire Universal Calibration Lattice...and acknowledge the energy of wholeness.

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Second Say Aloud

3. **TELL** givers to say to their receiver:

   As I place my hands on your ankles, remember it is here and now in everyday life you evolve your ability to manifest all that you are.

4. **INSTRUCT** givers to place both their hands firmly but gently on their receiver's ankles.

5. **EXPLAIN** to givers that the reason that they are holding the ankles is for anchoring and grounding.

6. **TELL** givers to hold this position for 30 – 60 seconds.

7. After 30 - 60 seconds, **ASK** givers to lift their hands away from their receiver's ankles and relax them at their sides.

8. **INSTRUCT** givers to step to their left and gently uncover their receiver.

9. After the receivers are uncovered, **ASK** givers to take a small step back.

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Pg. 40
Say Alouds

10. **INSTRUCT** givers to say to their receiver:

    Please roll onto your side, facing me, and sit up.

    Carefully slide to your left so you are near the end of the table.

11. **REMIND** givers to look confident as they face their receivers.

12. **TELL** givers that they will now complete the final grounding and greeting.

Final Grounding and Greeting

WORKBOOK
Pg. 41

1. **SAY** to givers:
    - Givers, extend your arms palms up, with your fingers pointing towards your receiver's feet.
    - Now, amplify energy towards your receiver's feet for a final grounding.
    - Smile and greet your receiver.

You may animate this movement as you instruct the givers.

2. **TELL** givers to let the energy flow for about 30 - 60 seconds.

3. After about 30 seconds, **SAY** to givers:
   - Givers, relax your arms, move to the end of the table and stand at your receiver's left shoulder.

4. **TELL** givers that they will now complete the high heart alignment and closing statement.

High Heart Alignment and Closing Statement

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Pg. 42
Say Alouds

1. **SAY:**
   - Givers, you will now practice the high heart alignment and closing statement.
   - Please say to your receiver:

     I will be placing my right hand on your back high heart center and my left hand on your front high heart center.
   - Place your right hand on the receiver's back high heart center and your left hand on their front high heart center.
   - Hold for 30 - 60 seconds.
   - Please say to your receiver:

     Relax and breathe deeply. This is a pure place of centeredness and peace and it is always here.

2. **INSTRUCT** givers to say to their receiver:

   I will now place my left hand on the back of your neck.

3. **TELL** givers:
   - Keeping your right hand on your receiver's back high heart center, move your left hand and place it on the back of their neck.

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Pg. 43
Say Alouds

4. **SAY:**

   - Givers, please say your receiver's name.
   - Please repeat after me:

     (Say receiver's name) Be aware of your light and energy as you radiate front, sides, back, top and bottom of your being. The work that has been done strengthens your lattice and deepens your connection with the energy of the earth. Your body's wisdom will amplify and direct this energy exactly where you need it for your highest good.

     I honor you and the Infinite Potential within you. And so it is.

Tell students that in this final say aloud we amplify and direct the energy.

5. **TELL** givers to relax their arms at their sides, move to their left and stand in front of their receiver.

6. **ASK** receivers to provide feedback to their givers.

7. **ALLOW** five minutes for the feedback process.

8. After five minutes **ASK** if there are any questions and respond as needed.

9. Tell the class that they will have a 10 minute break before switching roles.

--- 10 minute break ---

Unit 4
Practice Session 2

Unit 4: Practice Session 2

Time: 1 hour - 1 hour 30 minutes

1. **WELCOME** the class back from break and introduce the second practice session for Phase III. Invite the class to rotate their roles so that the receiver is now the giver, and vice versa.

Turn to page 76 step 6 and begin Practice Session 2.

After completing Practice Session 2, provide a 10 minute break before proceeding to Unit 5 Summary and Conclusion.

- - - 1 0 m i n u t e b r e a k - - -

EMF Balancing Technique®

Honoring Humanity

Unit 5

Summary and Conclusion

Unit 5: Summary and Conclusion

Time: 45 - 60 minutes

Review the Energy Session

This is an extensive review. You may abbreviate this review if you feel your givers have obtained a clear understanding of the movements. Also if it is late in the day, you may provide this review at the beginning of the next class meeting.

1. **WELCOME** the class back from break.

2. **ASK** the class to share some of their experiences while they were experiencing a session.

3. **CONGRATULATE** everybody on doing a great job.

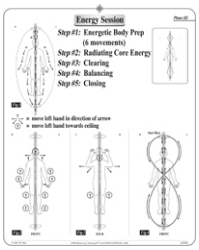
As you ask questions to the class, provide the answers that the class struggles with. Congratulate those students that provide correct answers or efforts made.

WORKBOOK
Phase III
Pg. 47
Energy Session

4. **REFER** the class to page 47 in their workbooks.

5. **EXPLAIN** page 47:

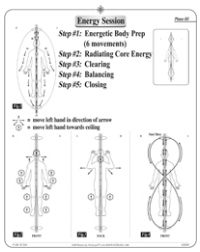
   - As in Phases I and II, we will use the illustrations to review your Phase III session.
   - Using each of the illustrations, I will guide you through each step in your Phase III session.
   - As I do, you will be able to label and note key information.
   - Feel free to make any notes you feel important.



FLIP CHART
#14 Energy
Session

During your review, be sure to provide reinforcing comments such as "well done" or "good answer".

WORKBOOK
Phase III
Pg. 47
Energy Session



FLIP CHART
#14 Energy
Session

6. **REFER** the class to Figure 1, upper left corner on their page and **ASK:**
   - What do we call the area labeled as CB?

     Desired Response: *Center Below*

7. **REFERRING** to the CA **ASK:**
   - What does the area labeled CA refer to?

     Desired Response: *Center Above*

8. **REFER** to the area diagramed as Core Energy and **ASK:**
   - What do we call this column of energy that runs from the Center Below to the Center Above?

     Desired Response: *Core Energy*

9. **POINT OUT** the R and L which designate the right and left side of the receiver.

10. **TELL** the class that there are five steps in Phase III. **ASK:**
    - Who would like to volunteer to name them?

    Desired Response: *Energetic Body Prep, Radiating Core Energy, Clearing, Balancing and Closing.*

It is helpful to briefly demonstrate some movements. It will help reinforce your review of them.

STEP 1: ENERGETIC BODY PREPARATION

The Honoring

11. **TELL** the class that there is The Honoring that is stated at the beginning each session.

12. **SAY:**

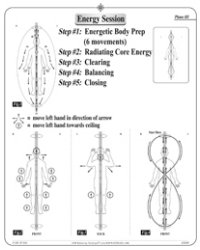
    - Standing at the foot of the table with your arms extended, palms up, you stated The Honoring.

13. **ASK:**

    - Who would like to say The Honoring?

14. **CHOOSE** a volunteer to repeat the Honoring and assist as needed.

    Desired Response: *From the Infinite Potential within me, to the Infinite Potential within you, and in honor of our unique beliefs, let us begin.*



FLIP CHART
#14 Energy Session

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Phase III
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Energy Session

15. **SAY** to the class:

    - Please take a look at the figure located in the upper left corner of your page.
    - Let's begin with the Energetic Body Prep.
    - How many movements are there in the Energetic Body Prep?

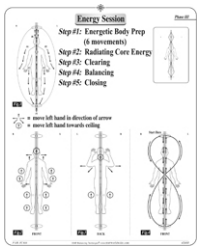
      Desired Response: *Six*

    - What is the first movement?

      Desired Response: *Amplifying energetic awareness*

Refer to the diagram and show the movement of energy.

Amplifying Energetic Awareness



FLIP CHART
#14 Energy Session

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Energy Session

16. **REFER** the class to #1 on their figure and **EXPLAIN:**

    - You began by amplifying energy up through the body.

17. **ASK** the class:

    - Why do we amplify energetic awareness up through the body?

      Desired Response: *Amplifying energetic awareness up through the body initiates the circulation of energy and assists the receiver in raising their vibrational frequency, sets the resonance for a good session and prepares the body energetically.*

Right Leg – Amplifying Energetic Awareness

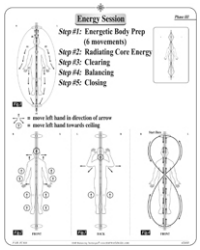
18. **ASK:**

    - What is the second movement, represented by #2?

      Desired Response: *Right leg - Amplifying energetic awareness*

    - You started at the top of the thigh and you moved down the leg in one smooth continuous movement until you reached the toes of the receiver's right foot.
    - At the end of the foot, you held your right fingertips above your receiver's toes and rotated your left palm until it faced the sole of their foot with your fingers pointed downward.

Provide reinforcing comments for correct answers or efforts made.



FLIP CHART
#14 Energy
Session

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- You then held this position momentarily and keeping your right fingertips over the receiver's toes, you brought your left hand back in a straight horizontal line, level with their foot.

19. **ASK:**
    - How far do you bring your hand back?

      Desired Response: *24 inches (60 cm)*

20. Continue by **SAYING:**
    - You held this position for a few seconds to allow the energetic connection to build and then brought your right hand back to disconnect.
    - And as you recall, the disconnect is a palm sweeps palm followed by a fingertips sweeps fingertips movement.
    - The intent here is to enhance a strong connection to the Center Below.

21. **ASK:**
    - What movement is next?

      Desired Response: *Left leg - Amplifying energetic awareness*

Left Leg – Amplifying Energetic Awareness

22. **REFER** the class to #3 and **EXPLAIN** amplifying energy down the left leg with the same detail as the right leg.

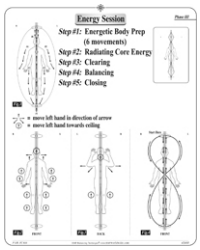
Remind the class that they walked around the bottom of the table to the receiver's left side.

23. **TELL** the class that the same intent is repeated that was used for the right leg, to enhance a strong connection to the Center Below.

24. **ASK:**
    - What movement is next?

      Desired Response: - *Right arm - Amplifying energetic awareness*

Right Arm – Amplifying Energetic Awareness



FLIP CHART
#14 Energy
Session

WORKBOOK
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Energy Session

25. **REFER** the class to #4 and **EXPLAIN** amplifying energy down the right arm:
    - Facing the receiver's crown, you uncovered your receiver's arm.
    - Then you turned their right hand palm up so their elbow was on the table and gently straightened the fingertips if they were curled.
    - With your hands 2 - 4 inches (5 - 10 cm) from the body, you began at the shoulder and amplified the energy down the right arm to the receiver's fingertips.
    - You held this position momentarily and then moved your left hand away from your receiver's fingertips.
26. **ASK** the class:
    - How far do you pull your hand back from your receiver's hand?

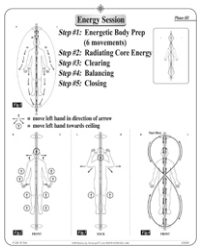
      Desired Response: *A distance of about 24 inches (60 cm)*
27. Continue by **SAYING:**
    - Then after holding for a few seconds allowing the energetic tension to build, you brought your right hand back to your left hand and disconnected.
    - The intent you stated was for the receiver to increase the radiating of their heart energy, creating greater freedom.
    - After performing the movement three times, you placed your receiver's arm in its original position and replaced the cover.

28. **ASK:**

- What movement is next?

  Desired Response: *Left arm - amplifying energetic awareness*

Left Arm – Amplifying Energetic Awareness



FLIP CHART
#14 Energy
Session

WORKBOOK
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Energy Session

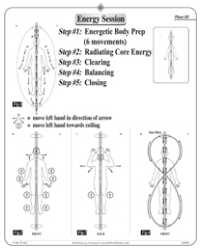
29. **REFER** to #5 and **EXPLAIN** amplifying energy down the left arm:

- First, you walked around the bottom of the table.
- Once again you were facing the receiver's crown, and just as you did with the right arm, you uncovered your receiver's arm making sure the palm faced up, and if necessary uncurled their fingers.
- You began at the left shoulder with your right palm below the shoulder, and your left palm above the shoulder, and you amplified the energy down the arm to the receiver's fingertips.

30. **ASK** the class:

- What did you do with your hands once you aligned your fingertips with your receiver's fingertips?

  Desired Response: *The hands were rotated so that your left palm faced up.*



FLIP CHART
#14 Energy
Session

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Energy Session

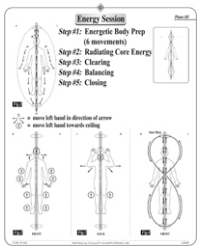
31. **CONTINUE** by **SAYING:**

- Your fingertips were 2 - 4 inches (5 - 10 cm) from your receiver's fingertips.
- You held this position momentarily and then moved your left hand away from your receiver's fingertips to a distance of about 24 inches (60 cm).
- Then after holding for a few seconds allowing the energetic tension to build, you brought your right hand back to your left hand and disconnected.
- Then you placed your receiver's arm in its original position and replaced their cover.
- The intent is the same as for the right arm - to increase the radiating of their heart energy, creating greater freedom.

Focusing Awareness Within the Heart Center

32. **REFER** to #6 and **EXPLAIN** amplifying energy towards the heart center:

- After completing your work with the left arm you walked around the foot of the table and stood at your receiver's right shoulder, facing their crown.
- Holding your right palm upwards you pointed your fingertips downwards toward the heart center at a 45 degree angle about 4 - 6 inches (10 - 15 cm) above your receiver's body, amplifying golden energy.
- At the same time, your left hand with palm facing your receiver's crown circled clockwise with a diameter of 4 - 6 inches (10 – 15 cm).



FLIP CHART
#14 Energy
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- Then you stopped circling. Your left hand remained stationary while you rotated your right hand to a horizontal position so your palm faced the receiver's heart center at a distance of about 3 inches (7 cm), with your fingers pointing toward your receiver's crown.
- Then while your right palm remained over your receiver's heart center, you drew your left hand back and away from their crown to a distance of 24 inches (60 cm).
- Holding for a few seconds to build the energetic tension, you brought your right hand to your left and disconnected.
- The intent here is for a strong, clear connection to the Center Above.

33. **ASK** students:

    - How many times should you perform each of the movements in the Energetic Body Prep?

      Desired Response: *3 - 9 times depending on the needs of your receiver*

    - Remember also that the number of times does not have to be the same for each of the movements you perform.
    - On your page, just to the right of Figure 1 next to *Step #1*, please write *Energetic Body Prep (6 movements)*.

34. **ASK** for questions about the Energetic Body Prep and respond as needed.

STEP 2: RADIATING CORE ENERGY

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Pg. 1
Radiating Core Energy

35. Review the second step by **ASKING:**

- What is the next step after the Energetic Body Prep?

  Desired Response: *Radiating Core Energy*

Invite the class to use their Phase III workbooks for reference throughout the review.

36. **ASK:**

- What do you need to ask your receiver before you begin this movement?

  Desired Response: *(Say Receiver's name) In this moment do you choose to increase the radiating of your Core Energy?*

Provide assistance as needed.

WORKBOOK
Phase III
Pgs.1-2
Radiating Core Energy

37. **REVIEW** Radiating Core Energy:

- Standing at your receiver's right shoulder and facing their crown, you raised your left hand to receive clear energy and your right hand was held with your fingertips pointing straight down towards the receiver's Center Above with your palm facing you.
- Then you slowly walked backwards moving your right hand in the same plane about 6 inches (15 cm) above your receiver's body to the Center Below.
- After reaching the Center Below, you slowly lifted your hand to a height approximately even with the height of your left hand.
- On your energy session page just to the right of Figure 1, next to *Step #2*, please write *Radiating Core Energy.*

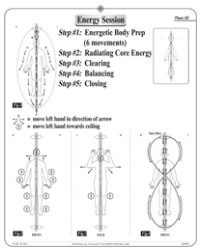
To help students visualize this movement, you can refer them to Pg. 1 in their Phase III workbooks.

38. Review the third step by **ASKING:**

- What is the next step after we Radiate Core Energy?

  Desired Response: *Clearing*

STEP 3: CLEARING



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39. **SAY** to the class:

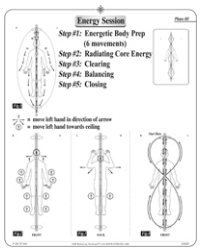
- Please refer to Figure 2 at the bottom your page.
- You'll notice the arrows indicate the direction in which you moved your left hand after you completed the circling just before the disconnect.
- The arrows with circles indicate that the direction of movement is straight up towards the ceiling.
- Also, remember we are using golden energy through all the clearing.
- So with your receiver lying on their back, you began by clearing the front first.

It is helpful for students to see you demonstrate these hand positions as you describe them.

Clearing the Right Side

40. **REVIEW** clearing the right side:

- You started by clearing the right side of your receiver.
- You stood at your receiver's right shoulder and you stated to your receiver that you were going to lightly place your hand on the areas to be cleared on their right side.
- Then, you lightly touched their shoulder, inner elbow, wrist, hip, knee and ankle with your right hand.



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Clearing the Right Shoulder

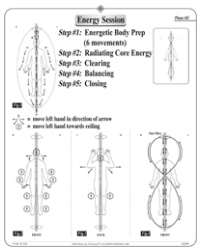
- Standing at your receiver's right shoulder, your right hand amplified energy towards the top of your receiver's shoulder and your left hand circled clockwise.
- As shown by the arrow in your illustration, you then moved your left hand in a horizontal line 24 inches (60 cm) away from the receiver's shoulder, held for a few seconds, then reached over with your right hand for the disconnect.

Clearing the Right Inner Elbow

- Next, you cleared the right inner elbow.
- Your right hand amplified golden energy towards the inner elbow and your left hand, with your palm facing down over the inner elbow, circled clockwise.
- After you finished circling, you held momentarily and then you moved your left hand straight up towards the ceiling as indicated by the circled arrow in your illustration.
- After reaching a height of 24 inches (60 cm), you then reached up with your right hand and performed the disconnect.

Clearing the Right Wrist and Palm

- Next, you cleared the right wrist and palm.
- Again, your right hand amplified golden energy towards the vortex in your receiver's palm.
- Your left hand circled clockwise over the vortex of their wrist.
- Then as noted in your illustration by the arrow in the circle, you raised your left hand straight up toward the ceiling 24 inches (60 cm) and reached up with your right hand to complete the disconnect.



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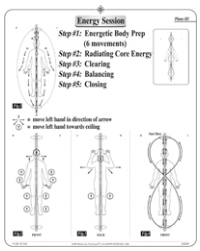
Clearing the Right Hip

- Next, you cleared the right hip.
- Your right hand amplified golden energy towards the vortex of the right hip.
- Your left hand circled clockwise over the vortex. After several rotations, you stopped.
- As illustrated by the arrow located at the hip in your diagram, you moved your left hand away from the hip in a horizontal line, 24 inches (60 cm).
- You then reached across with the right hand and disconnected.

Clearing the Right Knee

- Then, you took a step to your right and cleared the right knee.
- Again, with your right hand amplifying golden energy towards the vortex of your receiver's right knee, your left hand circled clockwise palm down over this vortex.
- After several rotations you stopped momentarily and then you raised your left hand straight up 24 inches (60 cm) toward the ceiling and reached up with your right hand to complete the disconnect.
- Referring to your illustration, you can see the arrow in the circle at the knee showing the direction of the movement towards the ceiling.



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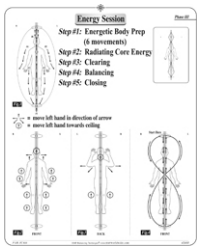
Clearing the Right Ankle and Foot

- Next, you took a small step to your right and cleared the right ankle and foot.
- Here, you amplified golden energy with the right hand towards the vortex in the center of the sole of your receiver's foot.
- Your left hand circled clockwise over the vortex of their ankle. After several rotations, you stopped and held momentarily.
- And again, as shown in your illustration, raised your left hand 24 inches (60 cm) towards the ceiling and reached up with your right hand to complete the disconnect.
- This completed the clearing on the right side.

It is helpful for students to see you demonstrate these hand positions as you describe them.

Clearing the Left Side



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41. **REVIEW** clearing the left side:

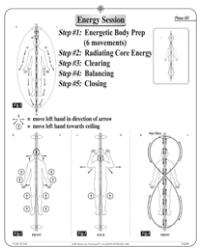
- Then you walked around the bottom of the table, and standing at your receiver's left shoulder you stated to your receiver that you were going to lightly touch the areas to be cleared on their left side.
- Then you lightly touched their shoulder, inner elbow, wrist, hip, knee and ankle with your right hand.

Clearing the Left Shoulder

- Standing at your receiver's left shoulder and facing their crown, your right hand amplified energy towards the top of your receiver's shoulder and your left hand circled clockwise as if you were standing at the top of the table looking towards the top of your receiver's shoulder.
- Then, after several rotations, you stopped momentarily.
- As shown by the arrow in your illustration, you then moved your left hand in a horizontal line 24 inches (60 cm) from the receiver's shoulder.

- As you moved your left hand back, you held for a few seconds, then reached across with the right hand for the disconnect.

Demonstrate this for the class.



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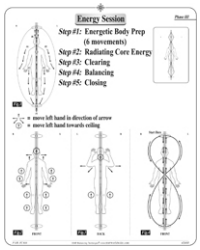
Clearing the Left Inner Elbow

- Next, you cleared the left inner elbow.
- Your right hand amplified golden energy towards the inner elbow and your left hand, with your palm facing down over the inner elbow, circled clockwise.
- After you finished circling, you held momentarily and then moved your left hand straight up towards the ceiling as indicated by the circled arrow in your illustration.
- After reaching a height of 24 inches (60 cm), you then reached up with your right hand and performed the disconnect.

Clearing the Left Wrist and Palm

- Next, you cleared the left wrist and palm.
- Again, your right hand amplified golden energy towards the vortex in your receiver's palm.
- Your left hand circled clockwise over the vortex of their wrist.
- Then as noted in your illustration by the arrow in the circle, you raised your left hand straight up toward the ceiling 24 inches (60 cm) and reached up with your right hand to complete the disconnect.



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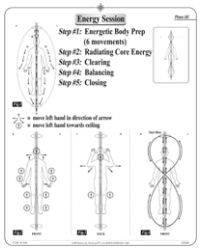
Clearing the Left Hip

- Next, you cleared the left hip.
- Your right hand amplified energy towards the vortex of the right hip.
- Your left hand circled clockwise over the vortex. After several rotations, you stopped.
- As illustrated by the arrow located at the hip in your diagram, you moved your left hand away from the hip in a horizontal line, 24 inches (60 cm).
- After this crossover movement, you reached across with the right hand and disconnected.

Clearing the Left Knee

- Then, you took a step to your left and cleared the left knee.
- Again, with your right hand amplifying golden energy towards the vortex of your receiver's left knee and your left hand circling clockwise palm down over this vortex.
- After several rotations you stopped momentarily and then you raised your left hand straight up toward the ceiling and reached up with your right hand to complete the disconnect.
- Referring to your illustration, you can see the arrow in the circle at the knee showing the direction of the movement towards the ceiling.



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Clearing the Left Ankle and Foot

- Next, to clear the left ankle, you stood at the bottom of the table.
- Your right hand amplified golden energy towards the vortex in the center of the sole of your receiver's left foot.
- Your left hand circled clockwise over the vortex of their ankle. After several rotations, you stopped and held momentarily.
- And again, as shown in your illustration, raised your left hand towards the ceiling and reached up with your right hand to complete the disconnect.
- Now at this point, you had completed clearing the vortexes of both the right side and the left side of your receiver.

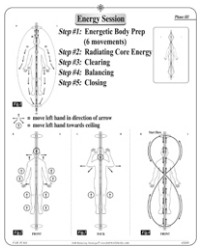
42. **ASK** the class:

- What is the next area that we clear?

  Desired Response: *The jaw*

Congratulate those that provide the correct answer or efforts made.

Clearing the Right Side of the Jaw



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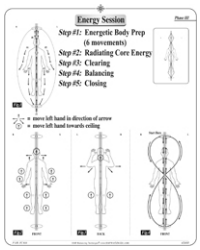
43. **REVIEW** clearing the right jaw:

- Remember, when clearing the jaw, you are extending only the middle and index fingers of both your right and left hands.
- Standing at the receiver's right shoulder and facing their crown, your right middle and index fingers pointed towards the vortex of the right jaw.
- The two fingers of your right hand amplified golden energy towards the vortex on the right side of your receiver's face.
- The two fingers of your left hand circled clockwise over the vortex of the jaw, with the pads of your fingertips facing the vortex.
- After several rotations, you stopped circling and moved your left hand back horizontally 24 inches (60 cm) from their face.
- You then held this position for a few seconds, then you reached back with your right index and middle fingers and disconnected.
- The direction that you moved your left hand is indicated on your illustration by the arrow at the jaw area.

It is helpful for students to see you demonstrate these hand positions as you describe them.

- Next, you walked around the top of the table to the receiver's left side.
- This is the only time during any of the first four phases when you walk around the top of the table.

Clearing the Left Side of the Jaw



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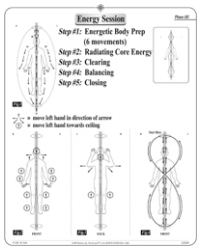
- Now, you're standing at your receiver's left shoulder facing their crown.
- Your right and index and middle fingers pointed towards the vortex of the jaw, palm upwards, amplifying golden energy to the vortex.
- The two fingers of your left hand circled clockwise over the vortex of the jaw with the pads of the fingertips facing the vortex.
- After several rotations, you stopped circling and moved your left hand 24 inches (60 cm) away horizontally from your receiver's face.
- This is a crossover movement.
- You held this position for a few seconds, then you reached across with your right fingers and disconnected.
- The direction that you moved your left hand is indicated on your illustration by the arrow at the jaw area.
- Next, you walked back around the top of the table and stood at the receiver's right shoulder.

44. **ASK:**

- What area did we clear next?

  Desired Response: *The third eye*

Clearing the Third Eye Area



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45. **REVIEW** clearing the third eye:

- Now you're standing at your receiver's right shoulder.
- Your right palm was upward and your right index and middle fingers pointed towards your receiver's forehead at a 45 degree angle.
- These fingers amplified golden energy towards the vortex of the third eye in the center of the their forehead.
- Your left palm was facing down, with the pads of your index and middle fingertips facing your receiver's forehead.
- These fingertips circled clockwise over the third eye.
- You stopped circling after several rotations and then moved your left hand straight up 24 inches (60 cm) and then disconnected.
- The direction that you moved your left hand is indicated on your illustration by the arrow in the circle in the third eye area.

It is helpful for students to see you demonstrate these hand positions as you describe them.

46. **ASK** the class:

- What questions do you have about the clearing that we just completed?

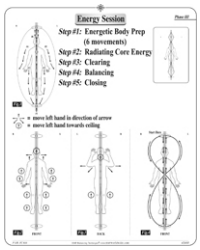
47. **RESPOND** as needed.

48. **SAY:**

- At this point, you had completed clearing all the smaller energy vortexes on the front side of your receiver, including the jaw and third eye.
- Next, you asked your receiver to turn over onto their front with their arms resting forward.
- This allowed you to be able to clear the left and right underarm, outer elbows, backs of the knees and back of the neck.

Clearing the Back

Clearing the Back - Left Side



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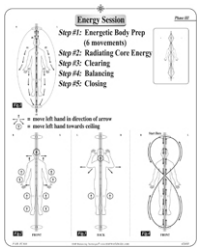
49. **REFER** the class to Figure 3 and review clearing the left side:

- You started by clearing the left side of your receiver.
- You stood at your receiver's left shoulder and you stated to your receiver that you were going to lightly place your hand on the areas to be cleared on their left side.
- Then, you lightly touched their shoulder, elbow and back of the knee with your right hand.

Clearing the Left Underarm

- Standing at your receiver's left side, your right hand amplified energy towards the vortex of the underarm area and your left hand held at an angle, palm facing their underarm, circled clockwise over the vortex.
- After several rotations, you stopped circling and moved your left hand 24 inches (60 cm) away from the body at a slight angle as shown by the arrow in your illustration.



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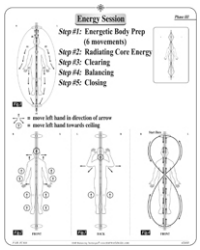
- You held for a few seconds, then reached over with your right hand for the disconnect.
- Next, you moved slightly forward to position yourself for the clearing of the left elbow.

Clearing the Left Outer Elbow

- You amplified golden energy with your right hand pointing toward the vortex of the elbow, and your left palm was flat, facing the tip of the elbow.
- Again, you circled with the left hand clockwise in a vertical plane over this vortex.
- Looking at your illustration, you can see that you drew your left hand horizontally away from your receiver's elbow.
- You then reached across with your right hand for the disconnect.
- You then moved to your right a few steps to properly position yourself for clearing the back of the knee.

Clearing the Back of the Left Knee



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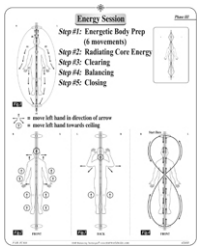
- Now you were facing the table at your receiver's left knee.
- Your right hand amplified golden energy into the vortex at the back of the knee.
- Your left palm faced down over the back of the knee as you circled clockwise.
- After several rotations, you stopped circling, paused for a moment, and then moved your left hand straight up towards the ceiling.
- You held this position for a few seconds, and then you reached up with your right hand to disconnect.
- Looking at your illustration, you can see the arrow inside the circle at the knee, indicating the movement is straight up.
- When you completed the clearing of the left side, you walked around the bottom of the table and stood at your receiver's right shoulder.
- You then stated to your receiver that you were going to lightly place your hand on the areas to be cleared on their right side.
- Then, you lightly touched their shoulder, elbow and back of the knee with your right hand.

Clearing the Back - Right Side



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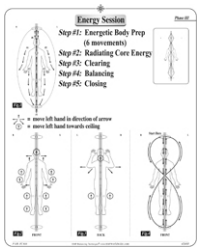
Clearing the Right Underarm

- Standing at your receiver's waist area, your right hand palm up amplified energy towards the vortex of the underarm area, and your left hand held at an angle, palm facing their underarm, circled clockwise over the vortex.
- After several rotations, you stopped circling and paused momentarily.
- As shown by the arrow in your illustration you then moved your left hand at a slight angle 24 inches (60 cm) away from the receiver's body and held for a few seconds - this is a crossover movement.
- Then you reached over with your right hand for the disconnect.
- Next, you moved slightly forward to position yourself for the clearing of the right elbow.



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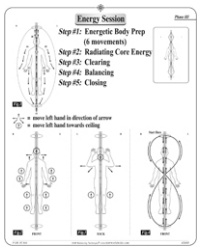
Clearing the Right Outer Elbow

- You amplified golden energy with your right hand pointing toward the vortex of the elbow, and your left palm was flat, facing the tip of the elbow.
- Again, you circled with the left hand clockwise in a vertical plane over this vortex.
- Then after several rotations, you stopped, held momentarily, then moved your left hand away horizontally from the elbow 24 inches (60 cm). Again, this was a crossover movement here.
- You then reached over with your right hand for the disconnect.
- Looking at your illustration, you can see that you drew your left hand horizontally away from your receiver's elbow.
- You then moved to your left a few steps to properly position yourself for clearing the back of the knee.

Clearing the Back of the Right Knee



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- Now you were facing the table at your receiver's right knee.
- Your right hand amplified golden energy into the vortex at the back of the knee.
- Your left palm faced down over the back of the knee as you circled clockwise.
- After several rotations, you stopped circling, paused for a moment, and then moved your left hand straight up 24 inches (60 cm).
- You held this position for a few seconds, and then you reached up with your right hand to disconnect.
- Looking at your illustration, you can see the arrow inside the circle at the knee, indicating the movement is straight up.
- Next, you walked around the bottom of the table and stood at your receiver's left side, at shoulder level facing their crown.

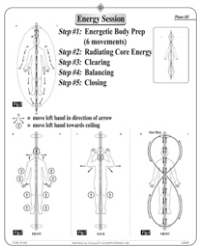
Clearing the Back of the Neck

- Your right palm was held upwards at a 45 degree angle pointing towards the vortex at the nape of your receiver's neck, amplifying golden energy.
- Your left palm, facing down over the vortex at the back of the neck, circled clockwise.
- After several rotations, you stopped circling and moved your hand straight up 24 inches (60 cm), held that position for a few seconds, and then reached up with your right hand and disconnected.
- Referring to your illustration, you can see at the back of the neck the arrow in the circle indicating the direction of your left hand as straight up.

50. **EXPLAIN** to the class:

- At this point, you had completed clearing all of the smaller energy vortexes and asked your receiver to turn over onto their back.
- On your energy session page next to *Step #3*, please write *Clearing.*
- At this point, we are ready to review Step 4 - Balancing.

STEP 4: BALANCING



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51. **SAY:**

- Please take a look at Figure 4.
- As we review balancing the flow, we will be referring to this illustration.

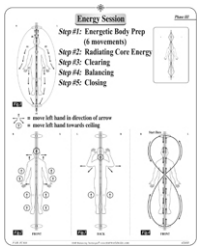
Balancing The Downward Flow

52. **REVIEW** the next few movements:

- Your beginning stance was at the right side of your receiver, facing the table.
- You then informed your receiver that you would be placing your hand in the area of their solar plexus.
- Your left hand was placed on the solar plexus with your fingers pointing towards the Center Below.
- Your right arm was extended, fingers pointed towards the Center Below.
- As noted in your illustration, the downward arrows represent the downward flow of energy.
- You stated the say aloud to amplify the receiver's own energy down through their core, and then held this position for 30 - 60 seconds.

The downward movement of energy represents the individual divinity manifesting within the physical body and creating a sacred union with the earth.

- You then lifted your hand and relaxed your arm, remaining in the same position.
- Again, you informed your receiver that you would be placing your hand in the area of their solar plexus.



FLIP CHART
#14 Energy Session

WORKBOOK
Phase III
Pg. 47
Energy Session

Balancing the Upward Flow

- Then you placed your right hand in the area of the solar plexus, your fingers pointing towards the Center Above.
- Your left arm was extended, palm vertical and fingers pointing to the Center Above.
- You stated the say aloud to amplify the receiver's own energy up through their core, and then held this position for 30 - 60 seconds.
- As noted in your illustration, the upward arrows represent the upward flow of energy.
- After 30 - 60 seconds, you lifted your right hand and relaxed your left arm.

Once the downward circuit is strong, the upward energy flow is enhanced to create a profound balance of the energy within the receiver's sacred circuitry.

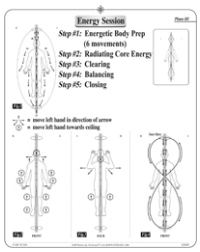
Imagine, with every step you take, the earth is deeply blessed with your energy.

Intensifying the Core Energy

- Next, you intensified the Core Energy with platinum energy.
- Sitting comfortably you informed your receiver that you would place your left hand under the small of their back and your right hand in the area of their solar plexus.
- The fingers of your right hand pointed towards your receiver's crown.
- You then spoke the say aloud and continued to hold this position for 60 seconds, allowing the Core Energy to intensify.
- Then you slowly removed your hand from under the small of your receiver's back, lifted your right hand, stood up and placed the chair at the top of the table.

This is the first time we introduce the use of platinum energy in an EMF session, allowing the receiver's resonance to adjust gradually to the intensification of their Core Energy.

- You returned to standing at your receiver's right side and in the proper position to trace the Core Energy pattern.



FLIP CHART
#14 Energy
Session

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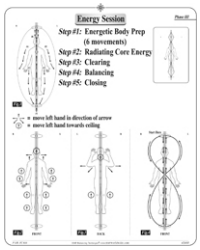
Energy Session

Tracing the Core Energy Pattern

- As you can see in Figure 4, this pattern is nicely illustrated for you to reference as we review this movement.
- Your position for this movement was with your left palm up to receive platinum energy and your right palm face down at the Center Above.
- You began tracing the figure eight pattern by moving your right hand down and to the right of your receiver's head, down the right side of their body, crossing at their navel, down the left side of their body to their Center Below, and up their right side, crossing at their navel and following the curve of the figure eight up the left side of their body to their Center Above.
- Your right hand was about 12 inches (30 cm) above your receiver's body.
- You performed this movement 3 - 9 times.
- Next, you lifted both hands to about table height and allowed your receiver to continue calibrating in this energy for about 30 seconds.
- As you can see in the illustration in the upper right corner of your page, this movement sets both Phase III templates as outlined in the solid lines.
- You then moved to the head of the table where you had placed the chair and sat comfortably.

As this movement is performed, an exquisite resonance begins to vibrate throughout the entire being. There are powerful circular patterns within the Universal Calibration Lattice that respond to this movement, resulting in an announcement to the Universe that this individual is ready to participate in their next level of awareness. The Cosmic Lattice then responds and the individual may truly experience the paradox of being unique and at the same time, part of the whole.

If you want to change the world – who do you change first?



FLIP CHART
#14 Energy
Session

WORKBOOK
Phase III
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Energy Session

Balancing Around the Head

- The balancing around the head you have done before and are familiar with.

53. **ASK:**

- Where do you hold the head when balancing around the head?

  Desired Response: *Underneath or on either side of the back of the head*

- What are we balancing when we balance around the head?

  Desired Response: *The rings of energy that surround the head both vertically and horizontally so that they are adjusted to form evenly spaced healthy patterns according to the receiver's inner wisdom.*

- You held this position for 30 - 60 seconds.
- Next, you completed final adjustments.

Final Adjustments

54. **ASK:**

- What did you do for the final adjustments?

  Desired Response: *Placed the hands on the receiver's jaw joint, palms toward the face for 30 - 60 seconds*

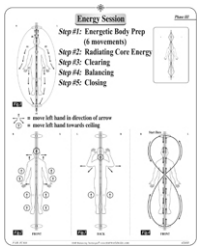
- And the intent was given to allow for any needed adjustments to be calibrated through the receiver's energy field according to their inner wisdom.
- You slowly removed your hands from your receiver's jaw, centered yourself for a moment and then stood and walked to the end of the table, facing your receiver's feet, positioned for the Closing.
- Please write *Balancing* next to *Step #4* and *Closing* next to *Step #5*.

Assist the class if they struggle with the answers.

Congratulate those that provide answers or to those that make an effort.

STEP 5: CLOSING

Amplifying Energetic Awareness and Grounding



FLIP CHART
#14 Energy
Session

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55. **ASK:**

- What is the proper position when you amplify energy up through the body?

  Desired Response: *Stand at the bottom of the table, arms extended, palms facing towards the soles of the receiver's feet.*

- What are the words that we said when we amplified energy up and through our receiver's body? - remember, we used platinum energy.

  Desired Response: *Focus your awareness on the energy of wholeness within your feet, your calves, your knees, your thighs, your hips, your abdomen and your chest, your back, your shoulders, your arms and hands, your neck and your head. Feel, sense, imagine or think about your entire Universal Calibration Lattice...and acknowledge the energy of wholeness.*

- What is the next movement that you performed?

  Desired Response: *Placed both hands on the receiver's ankles.*

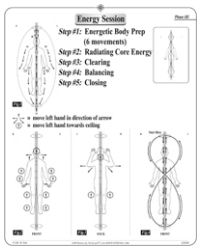
- And then you held your receiver's ankles for about 30 - 60 seconds to help ground them.

Final Grounding and Greeting

- You then lifted your hands off your receiver's ankles, gently removed the cover and asked them to roll onto their side facing you and sit up. Then you asked them to carefully slide down to the end of the table.

- And then smiling and looking confident, you extended your arms palms up with fingers pointed at your receiver's feet, and amplified energy for a final grounding.

High Heart Alignment and Closing Statement



FLIP CHART
#14 Energy
Session

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Energy Session

56. **SAY**:

- You moved to the end of the table, next to your receiver's left shoulder.
- You informed them that you would be placing your right hand on their back high heart center and your left hand on their front high heart center.
- You then held this position for 30 - 60 seconds.
- After repeating the say aloud, you informed your receiver that you would be placing your left hand on the back of their neck.
- Then you repeated the closing, first stating your receiver's name.
- Let's repeat the closing statement together:

  (Say receiver's name) Be aware of your light and energy as you radiate front, sides, back, top and bottom of your being. The work that has been done strengthens your lattice and deepens your connection with the energy of the earth. Your body's wisdom will amplify and direct this energy exactly where you need it for your highest good.

  I honor you and the Infinite Potential within you. And so it is.

Tell students that in this final say aloud we amplify and direct the energy.

57. **ASK** for questions about the Phase III review and respond as needed.

Conclusion

If you choose you may end the class with an energy exercise. Please refer to the Teacher Support section page 166 for a list of options.

1. **INFORM** the class of the date and time of your next class.

2. **TELL** students that when they return you will introduce Phase IV, Energetic Accomplishment and Potential.

3. **REMIND** the class to bring their Energetic Body Prep and UCL workbooks with them to the next class.

4. **THANK** the class for all their work and participation.

5. **CLOSE** the training.

Teacher Support

Teacher Support

A. Group Exercise - Mastery

Display on the wall an empty flip chart page and marker for each group that you have. Groups can be as small as two or as large as five per group. Allow five minutes for each group to develop a list of attributes. Ask each group to choose a spokesperson. After five minutes, have each spokesperson share their group's list of attributes. After the last group has completed their list, thank all the groups for their contributions and ask them to return to their seats. Debrief the exercise.

This exercise can be done with any size group. The script is written for larger groups. However, if you have a small group you can elect to do this exercise as one large group with you (the teacher) facilitating the questions and writing the response on the flip chart. Then debrief as outlined.

B. Balancing the Downward and Upward Flow

All the clearing that is done in the Phase III has prepared the energy field for these movements called "Balancing the flow".

The downward movement of energy represents the individual divinity manifesting within the physical body and creating a sacred union with the earth. Once this downward circuit is strong, the upward energy flow is enhanced to create a profound balance of the energy within the receiver's sacred circuitry. Imagine with every step you take, the earth is deeply blessed with your energy.

C. Core Energy Pattern

An exquisite resonance begins to vibrate throughout the entire being. There are powerful circular patterns within the Universal Calibration Lattice that respond to this movement, resulting in an announcement to the Universe that this individual is ready to participate in their next level of awareness. The Cosmic Lattice then responds and the individual may truly experience the paradox of being unique and at the same time, part of the whole. If you want to change the world, who do you change first?

D. Optional Energy Exercises

Any of the following energy exercises can be used to open the morning session and to close the day.

To Open a Class in the Morning

Opening Circle
Alternating Sweep
Circle with Energy Activation Symbol

End of Day

Circle with Energy Activation Symbol
Golden Pyramid of Freedom
Octahedron Exercise

Guidelines for Optional Energy Exercises

1. Opening Circle: This exercise is described in detail in the UCL teacher manual (*please see UCL Table of Contents for page number).*

2. Alternating Sweep: This exercise is described in detail in the UCL teacher manual (*please see UCL Table of Contents for page number).*

3. Circle with Energy Activation Symbol: Amplifying golden energy with the intent for balance. This is a group energy exercise that can be used with the class seated in their original seats or if you have a smaller class, in a circle.

   - The teacher instructs the students to think of where, to what or who, they would like to amplify energy.
   - The teacher instructs the students to have their left hand palm up resting in their lap and their right hand palm up to amplify energy.
   - The teacher instructs the class to trace the Energy activation symbol, followed by each student stating of where, to what or who, they would like to amplify energy.
   - The teacher closes with their own loving words.

4. Golden Pyramid of Freedom: To increase the resonance of freedom. Before beginning this exercise, please inform the class that they have a choice of whether or not they want to take part in this exercise.

Describe the Exercise

You can illustrate on a flip chart what you are explaining.

a. Explain to the class that they will form a pyramid-like formation with you (the teacher) standing at the capstone (see Fig. 1).

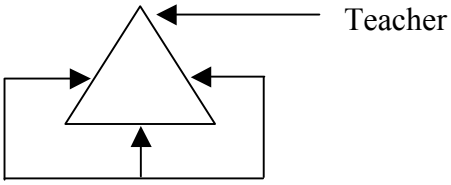


Figure 1

b. Explain that after the class has created the pyramid-like formation, they will set the energy pattern by each of them holding their left hand palm up, under the right hand palm down of the person to their left. Their right hand is held palm down over the left hand palm up of the person to their right, creating an energetic connection.

c. Explain that at this point you (the teacher) will give the intent to co-create the golden pyramid of freedom, pause for a moment and then everyone will relax their arms

d. Next, explain one person will start by standing in the lower third of the pyramid, which is the foundation of the pyramid.

e. Here in the foundation the student will say *I Am Here* (see Fig. 2)

f. Next, they step up into the middle of the pyramid and say *I Remember I Am* (see Fig. 2).

g. And finally they step up into the upper third, the capstone (see Fig. 2) and say *I Am…adding whatever they want to say*, for example, *I Am Joy or I Am Love.*

h. After completing their final statement, the student then returns to their original place and the next student steps into the foundation (lower third) and begins.

i. After all students have completed the pyramid then you (the teacher) close with your own loving words.

Please remind the class that this exercise is by choice. If they choose not to enter the pyramid, they can simply say "pass".

j. After explaining the exercise, remind the class that you will guide them through each step. Then, invite the class to form the pyramid and begin the exercise.

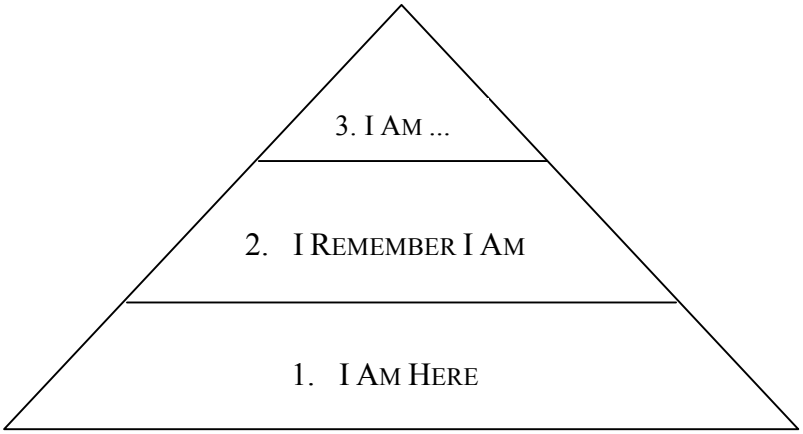


Figure 2

5. Octahedron Exercise: To increase the resonance of home.

Describe the Exercise

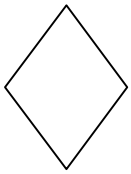
You can illustrate on a flip chart what you are explaining.

a. Explain to the class that they will form a Octahedron-like formation (see Fig. 1).

b. Explain that to set the energy pattern each student holds their left hand palm up, under the right hand palm down of the person to their left. Their right hand is held palm down over the left hand palm up of the person to their right, creating an energetic connection.

c. Explain that at this point you (the teacher) will give the intent, as the Octahedron shaped pattern is set, for the resonance of home. Pause for a moment and then have everyone relax their arms.

Figure 1



d. Explain that each student will take a turn and walk to the center of the Octahedron. When standing in the center of the Octahedron they take a few moments to sense, feel, or think about what they are experiencing at that moment.

e. As the student in the middle of the Octahedron is sensing, feeling or thinking about what they are experiencing, invite the rest of the class to sense feel or think about what they are experiencing at that moment also.

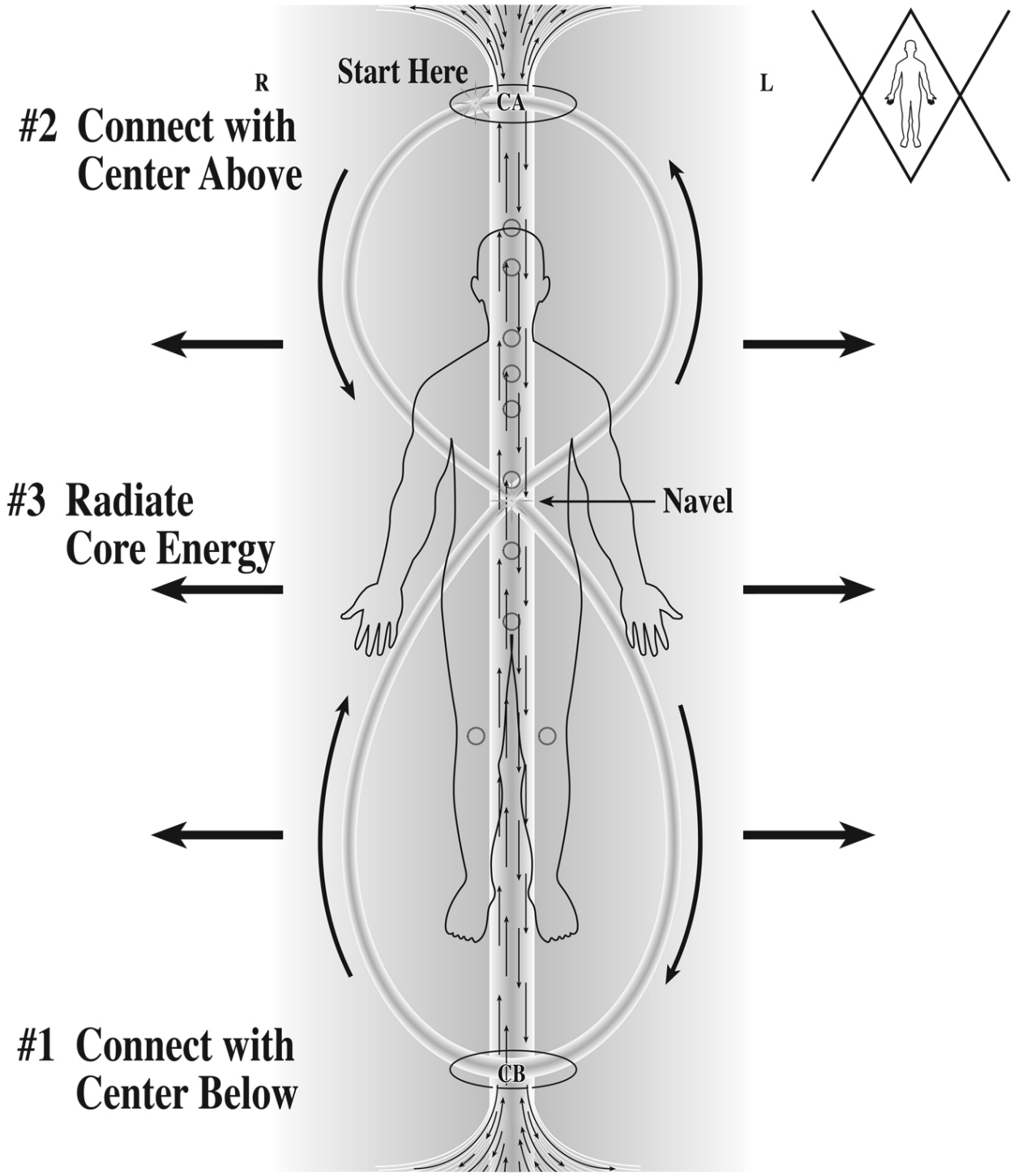
f. After a minute or so invite the class to share some feedback. Silence is ok.

g. After a couple of minutes thank the student and ask them to return to their place and invite the next student into the middle of the Octahedron and repeat the process.

h. When the last student has finished, you may close with your own loving words.

Radiating Core Energy

Phase III



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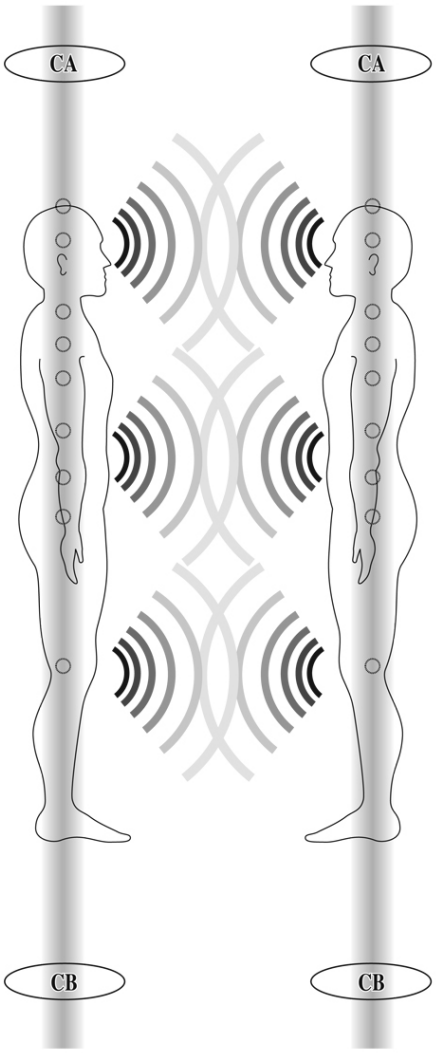
Energy Dynamics

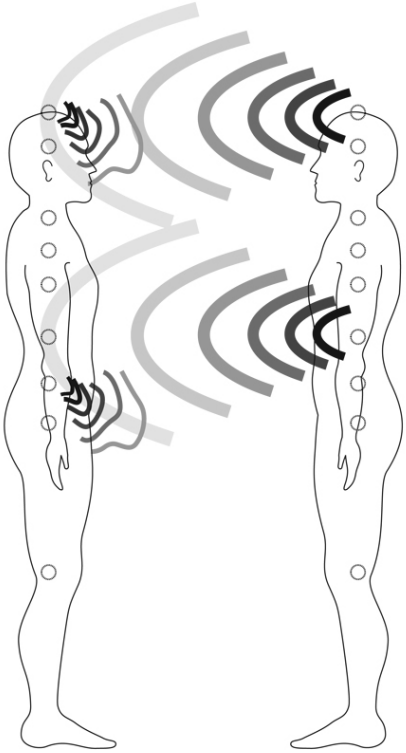
Phase III

New Energy Dynamic



Balance -
holding one's own power

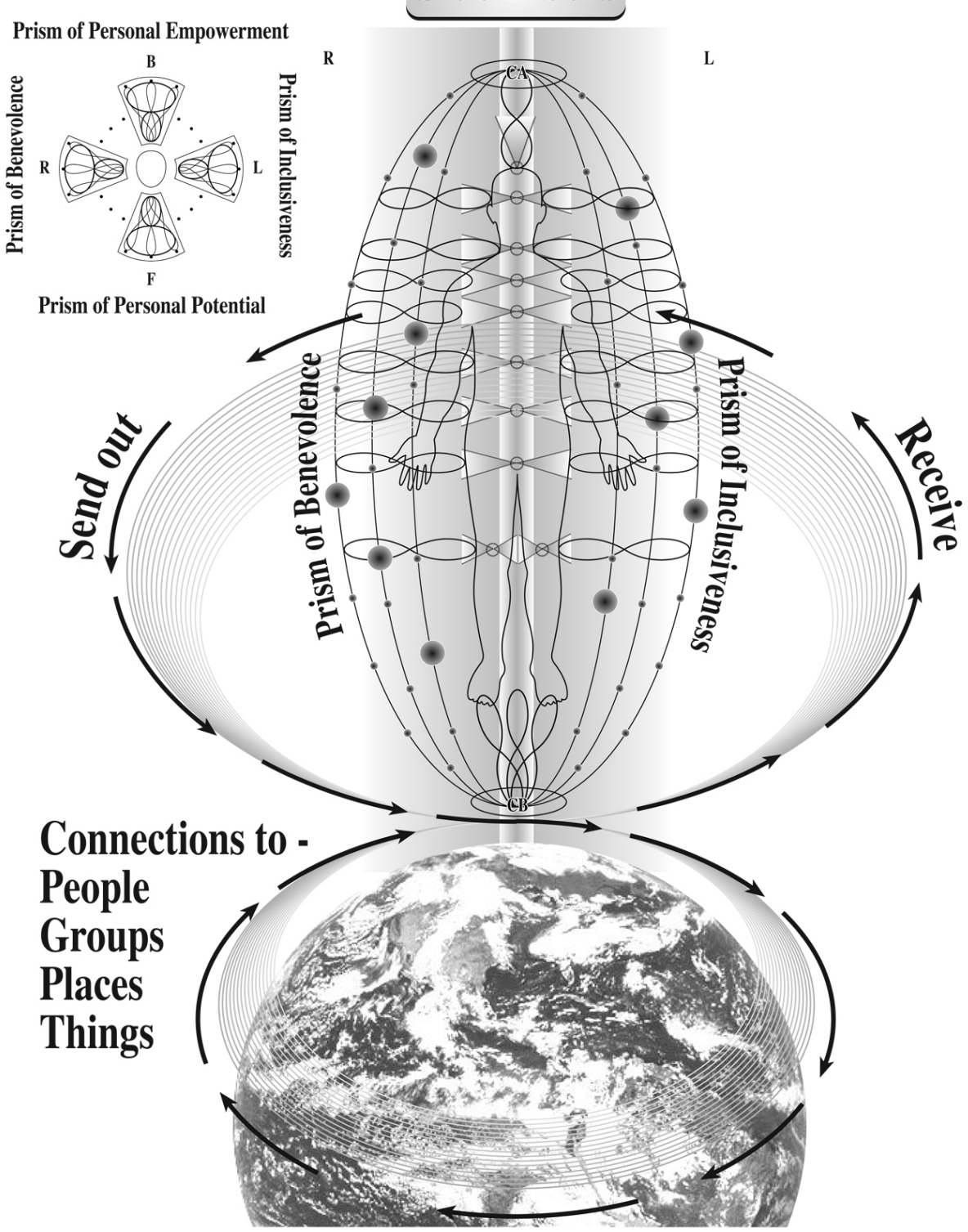
Old Energy Dynamic



Imbalance -
control or power over another

Side Fibers

Phase III



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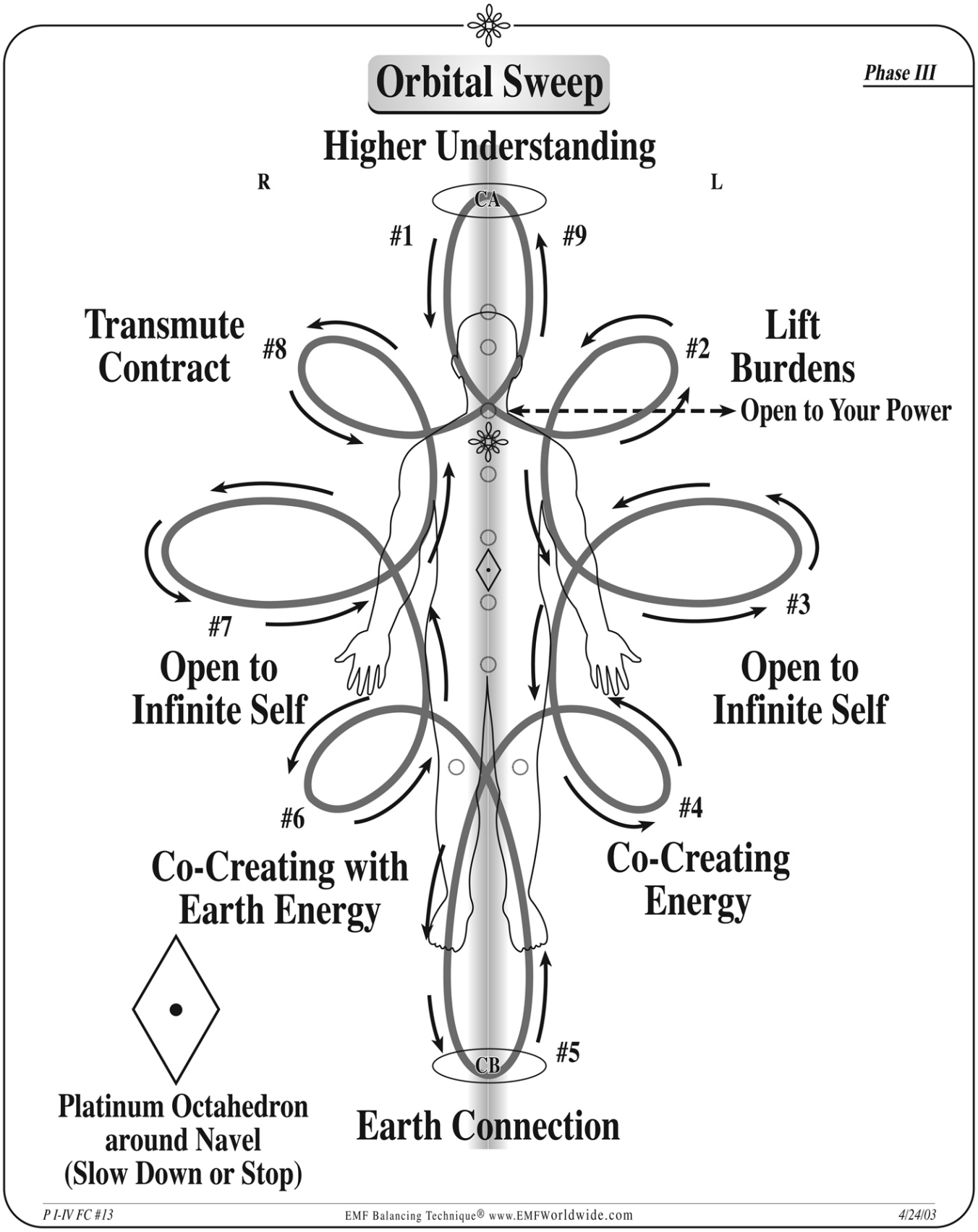
Orbital Sweep
Phase III
Higher Understanding
R
L
CA
#1
#9
Transmute
Contract
#8
#2
Lift
Burdens
Open to Your Power
#7
#3
Open to
Infinite Self
Open to
Infinite Self
#6
#4
Co-Creating with
Earth Energy
Co-Creating
Energy
CB
#5
Platinum Octahedron
around Navel
(Slow Down or Stop)
Earth Connection
P I-IV FC #13
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4/24/03

Energy Session

Phase III

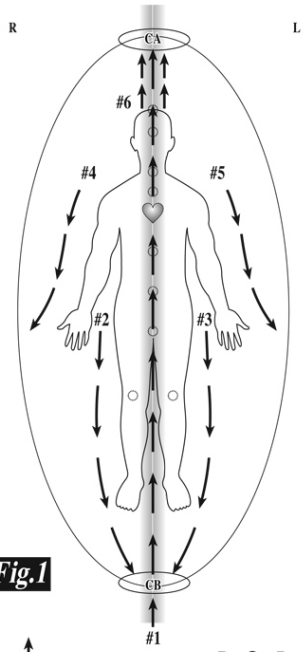


Fig.1

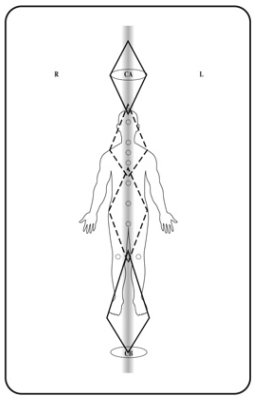
Step #1: **Energetic Body Prep (6 movements)**

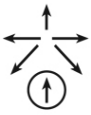
Step #2: **Radiating Core Energy**

Step #3: **Clearing**

Step #4: **Balancing**

Step #5: **Closing**





= move left hand in direction of arrow

= move left hand towards ceiling

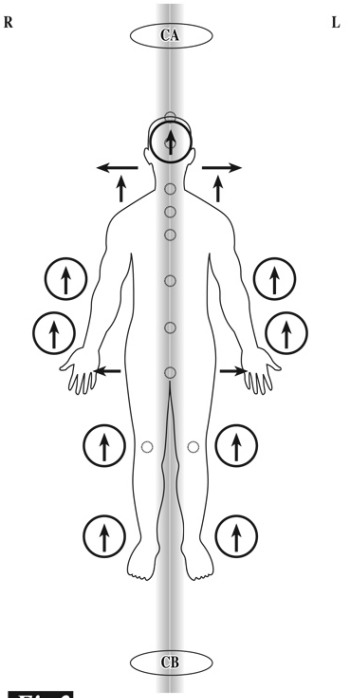


Fig.2 FRONT

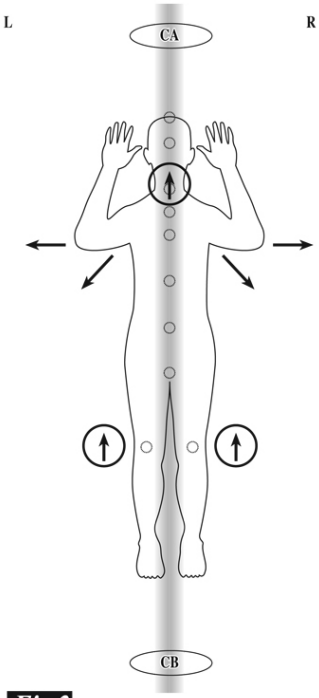


Fig.3 BACK

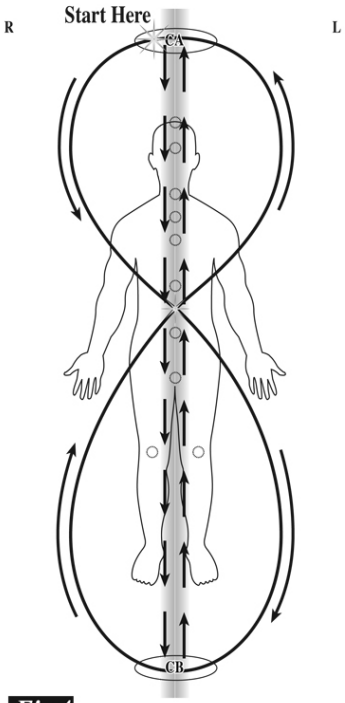


Fig.4 FRONT

Notes